



USGF

GYMNASTICS

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JANUARY
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Why They Are Better

pg. 7



American in London

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Women's Elite Program Report

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USGF Calendar & Notes

United States Gymnastics Federation

MEMBERS: Amateur Athletic Union, American Sokol Organization, American Turners; Association for Intercollegiate Athletics for Women, National Association for Girls and Women Sports; National Association of College Gymnastics Coaches; National Association of Collegiate Athletics Coaches; Women; National Association of Intercollegiate Athletics; National Association of Women Gymnastics Judges; National Collegiate Athletic Association; National Federation of State High School Associations; National Gymnastics Judges Association; National High School Gymnastics Coaches Association; National Jewish Welfare Board; National Junior College Athletic Association; United States Association of Independent Gymnastics Clubs; United States Gymnastics Safety Association; Young Men's Christian Association

ON THE COVER:
Colorado Springs artist and gymnastics coach Dave Black (noted for his original sports art) highlights Rhythmic Gymnastics to commemorate the addition of the sport as an Olympic event starting in 1984.





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ATHLETE REPRESENTATIVES INVOLVEMENT IN USGF MANAGEMENT

Recently through a mandate of the United States Olympic Committee the USGF Board of Directors has added a group of athlete representatives. These representatives are athletes equally representing the men's and women's segments of the sport who have been competition on national teams within the last ten years. The group of athletes has already participated in one Board of Directors meeting and I must say have added a breath of fresh air to the proceedings. It is very refreshing to hear the viewpoints of those who have so recently participated in competitive gymnastics and the insights they have to offer, often times directly the issues which are being debated in the board meeting.

The mandate from the United States Olympic Committee was to include twenty percent of all boards of all national sport governing bodies as athletes. The guideline that we followed in the USGF office was to hold an election of these board members by their peers — all of the athletes had participated in national competitions within the last decade. In discussions of selection, we felt there could be no manipulation of personnel onto the board by any person or persons with vested interest. The representatives on the board are true representatives of the athletes and are making every effort to open lines of ongoing communication with the athlete's community.

The athletes have now, since taking their place on the board, become involved in other committees of the USGF Board of Directors. The Executive Committee of the USGF now has one athlete representative to the men's and women's foreign relations committee. Again, the athlete viewpoint has been very helpful and I am sure will continue to be.

We, in the USGF, need input from the athletes and we need to know by which the athletes can make their feelings known. The athlete representatives have provided us with this avenue and are very effective in making the feelings and needs of the athletes known. At the present time, the athlete representatives to the USGF Board of Directors are as follows: Mr. Bill Cowles, member of 1980 Olympic Team; Mr. Peter Karsner, member of 1976 Olympic Team; Mr. Wayne Young, member of 1976 Olympic Team; Mrs. Kathy Johnson, member 1980 Olympic Team; Mrs. Linda McMillin, member 1972 Olympic Team; Mrs. Nancy Thors, member 1972 Olympic Team and Mrs. Lisa Cribbman, member 1977 World Cup Team. These athletes comprise twenty percent of the USGF Board at this time.



- (1) Athlete is notified of his/her suspension or denial of opportunity to compete in a given event or season. This notification must be in writing and should be sent to the athlete via registered mail. Notification shall provide the athlete with reasons for such action and indicate the USGF Committee which took that action as well as the member's names who comprise that USGF Committee.
- (2) Athlete may then write the USGF National Office to request a hearing if he or she feels the action in question is unfair. If the hearing before the appropriate USGF Foreign Relations Committee fails to satisfy the athlete, he or she may ask that the issue be brought before the USGF Executive Committee for appeal. (At the end of appeal), the athlete may ask that the USGF Board of Directors consider the matter.

The Athlete's Association is one of the many organizations represented on the USGF Board of Directors. This association, which all USGF athletes are members, has the right to be represented by not less than 20% of voting strength of the USGF Board of Directors. The Athlete's Association is thus represented by 7 voting members, and one member of the USGF Executive Committee.

Bret Cramer	Peter Karsner (Executive Committee) Gymnastics Coach 2325 Weswood Dr Norman, Oklahoma 73069 (405) 325-1739
Brent Sorenson	Kathy Johnson 3812 One Mile Mountain Rd Stone Mountain, Ga. 30087 (404) 921-6174 / 938-1212
Wayne Young	Linda McMillin 148 W. 12th Ave Eugene, Oregon 97401 (503) 344-2000 / 344-2008
Cynthia Cowles	Nancy Thors
2810 Chateau	1403 Country Club Rd. Arlington, Texas 76013 (817) 265-5413
Springfield, Or. 97477	

It is the responsibility of these 7 athlete representatives to reflect the viewpoints of the USGF athletes to the rest of the Board of Directors. If an issue or topic should arise concerning an athlete's rights, as a policy decision with reference to an athlete, contacting one of these seven representatives would be the avenue for an athlete to follow.

The Foreign Relations Committee (FRC) is a standing committee established by the USGF. There is both a man and a woman's FRC. These committees work closely with the USGF Executive Director. (Roger Councill) see pg. 34

NEW USGF CONSTITUTION BY-LAW

In November, 1980, a new by law was added to the USGF Constitution concerning athlete's rights. It reads:

Athlete's Rights

The United States Gymnastics Federation will provide any athlete who may believe he or she has been denied an opportunity to compete for reasons other than those ruled by the National Office for reasons of proven professionalism, with a properly conducted hearing. Normal procedures are as follows:

SPECIAL ANNOUNCEMENT

Effective, Monday, February 2, all activities of the USGF Membership Program will be conducted at:

USGF/Membership Program
c/o Bayly, Martin & Fay/San Antonio
P.O. Box 17800
San Antonio, Texas 78217
Telephone: 1-800-531-7205
1-800-531-7224
1-800-292-5721 (Texas only)

All records and functions of the Tucson office have been transferred to our above San Antonio office.

Cheryl Grace New Director

It was announced today that Ms. Cheryl Grace has accepted the directorship of the USGF Membership Program.

Ms. Grace brings to her new position a wealth of experience in the gymnastic field. She obtained her masters degree from The University of San Francisco and is presently national chairman of Judges Training for the USGF. She is also a member of the Executive Board of the Womens Committee and a member of the Womens Technical Committee. She holds a FIG national rating in gymnastics.

Ms. Grace succeeds Mr. Sam Bellis who is pursuing personal business interests. Mr. Bellis will continue as a gymnastics consultant to Bayly, Martin & Fay.

Ms. Grace can be contacted at:

USGF/Membership Program
c/o Bayly, Martin & Fay/San Antonio
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Why They Are Better...



Photo by Tom Sorenson

Zhang Zhiu Chu

By Don Peters

In the U.S.A. we Olympic dual meet held on October 21st in Peking our women's team lost pretty well. We lost by 2-4 points and 1-7 of those points went lost on vault. Our event that we beat the Chinese on earlier this year in Hartford. That was due to our team's problem in adjusting to a wooden board. Had this problem not occurred the meet would have been very close and quite possibly we could have won. We had only one major break on bars and only one fall from the beam. Sounds like we're almost on a par with the Chinese—doesn't it? Well, it'll not deude you we are not on a par with the Chinese. In fact, they are much better than we are right now, and three years from now they will have left us far behind. So will the Russians, East Germans and Romanians unless we make some serious changes in our program now.

When you watch our girls here at home they look pretty good. When you see them in the same training gear with the Chinese you immediately see that we have one very obvious weakness. Execution. We do not strive hard enough for perfection with each individual element of our girls' routines. We have made difficulty a higher priority in our training systems and as a result we are not spending the time to perfect each movement, and it shows itself in the form of sloppy, unstable routines. Those coaches who have tried to emphasize execution with their

gymnasts find them often discredited by a judging system that places a higher emphasis on difficulty and fails to deduct the many execution errors that our gymnasts make. Many of these coaches have given up and jumped on the difficulty bandwagon and mark my word our national team will suffer for it in the years to come.

I predict that if nothing is done about this problem we will not place higher than sixth in Mexico City. It will not be because the International judges will deduct more severely than our judges, because they will not. They use the same scoring system. We will lose to the Russians, the Romanians, the Chinese, the East Germans, and the Hungarians because we will not fit as well and at least two of our best gymnasts will be injured at the time of the competition.

In recent years since the push for greater difficulty started we have shorthanded at least one key injuries on our team at every major competition. In Fort Worth our best gymnast missed the competition completely, our girl dropped out after compulsory, and three others competed with painful injuries. You know the result. This year our dual meet with China was scheduled six months in advance and all the girls trained very hard for this meet. Two in our group missed the meet due to injury and our dual watered down routines because the was recovering from a serious injury that occurred last

month earlier. Our national team has an annual injury rate that exceeds one hundred percent (causing only injuries that interrupt training for three weeks or more).

These injuries often occur because we do not train our gymnasts well enough on basics and we allow them to compete with movements that are in many cases marginal at best. Many times they have no answer with a dangerous skill. There is no margin for error to protect them if they are having a bad day. We shouldn't allow a gymnast to do a skill unless she does it so well that if she does a "bad" one she can still make it.

We have got to ease the pressure for more difficulty and force our gymnasts to execute better by increasing their basics. I am not suggesting that we change the rules. The rules are fine. I am suggesting that we strictly apply the execution deductions so that sloppy work does not get rewarded. Our girls have to be shown through their scores the most meaningful way that we have available to us, that a low double back loses at least if they make it, and if they have to "revert" they lose. And if their bars are not pointed on every trick they lose. Each time, etc. Then, and only then, will we effect a meaningful change towards better execution in the individual programs throughout our country.

I hope that I don't sound like I think difficulty is not important, or that I think execution is more important than difficulty. I do not. Both are equally important to a better team score. I do, however, think a greater emphasis on execution will, in the long run, result in both better execution and greater difficulty. Here is why. In order to execute better you have to improve your basics, and better basics justify for more difficulty.

Take the following example. Presently, none of the girls on the national team can do a full turn on their. I am sure most of them can do the movement on a trampoline or off their beam, but it's not the skill that is holding them back. They can't do it because they don't turn well enough. Their stand-off flip-ups aren't strong enough. If our judges required high double backs with legs together and

cont. on p. 21

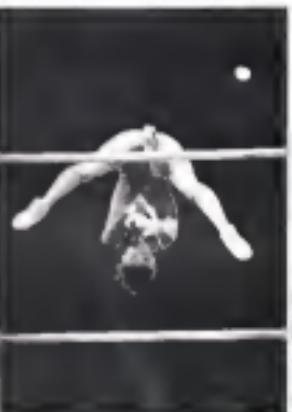


Photo by Zhen Krouse



6264 © Chinese gymnastics team prior to competition.
photo by Albie Grossfeld

Chief de Mission: Errol Combsley

Men's Team: Matt Amot, Phil Cohen, Bart Conner, Dennis Hayden, Wallace Miller and Kevin Priddy

Men's Coaches: Albie Grossfeld and Mrs. Watson

Men's Judges: George Bixby and Mike Mathews

Women's Team: Marcella Frederick, Kelly Garrison, Beth Islamic, Amy Koopram, Joanne McNamara, Theresia Talamas and Lisa Zinn

Women's Coaches: Don Peters and Kathy G. Tibbets

Women's Judges: Linda Cherciwski and Sharon Valley

Trainer: Jack Kachell

Men's Report By Albie Grossfeld

Our group assembled in San Francisco where Saito Hanada and Jackie Walker brought the team to Stanford University for a workout. Saito and Jackie were wonderful hosts and made us buyer pleasure. We left San Francisco on November 13 and after 30 hours of traveling, arrived in Peking on November 15. After stops in Honolulu, Guam, Manila, Keangkhou (Cambodia) and finally Peking, the Earth seemed small, not to mention that it seemed to me like World War II revisited.

In Peking we stayed at the Evergreen Hotel and had three interpreters — Mrs. Chen, Mrs. Chen and Mrs. Chou — assigned us. Mr. Chen Shengjin of the Peking Gymnastics Association of China was constantly with us and proved to be much help in informing us about the competition format and the Chinese gymnastics program. Mr. Chen was most cooperative and pleasant.

Being in Peking three days before the competition enabled us to get well acquainted to the apparatus and measurement of the size of the competition — Workers' Arena. The floor exercise area contained coated spring which gave good spring, but the leg rest seemed hard to our gymnasts. The top

REPORT TO CHINA

NOVEMBER 13-24, 1980

carpet shredded its material so some competitors left the FE armwrestling bits of carpet on the floor here. Backbar unit is made for a good laugh. The height and angle had to be raised — with easily available wooden blocks under the weights — to accommodate Phil Cohen, the tallest gymnast. The Chinese did what they could to please us. The parallel bars, pommel horse and vaulting horse were fine. The vaulting board was a used wooden rectangular board which had considerably less spring than our "saggy" board but presented no real problem to our gymnasts. No top mat was placed on the flat parallel horse mat which left the rail end extensions exposed. Fortunately, no one landed on the metal extensions. The rings hung from new, uneven leather straps which we taped together just above the rings. During workouts and competition warmups, a three inch thick rubber mat was provided to cushion head landings. Our gymnasts said that they went "right through" these soft mats, therefore, they provided little protection.

The Chinese requested to have the competition only for individuals and not a team score. They were concerned about the potential animosity that could arise from losing. We assured them that if we lost, we would still be friends.

The Chinese had the men's competition set up so there would be two groups. Each group would be composed of six gymnasts, three from each team. However, the format was changed to just have one group since there were only seven gymnasts competing allowed. Four other gymnasts split their events and were like just two all-around men. In other words, Matt Amot competed on PH, R, PB and HB, while Bart Conner took part on FE and vaulting. To not take under advantage, the Chinese had two of their gymnasts work three events each. It was agreed upon to add the four out of five highest scores per event for the team totals. As it turned out, we had to

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withdraw Dennis Heyden from the competition just prior to the competition. Therefore, all four scores on each event would count for us while the Chinese had the extra fifth score.

The day before the meet Dennis Heyden hurt his shoulder while tumbling. Since Dennis could not do even a roundoff without pain just prior to the meet and at the advice of our trainer, Jack Blackwell, Dennis was withdrawn.

Before the entire competition began, we were asked to select three of our gymnasts for each event for the finale. In other words, the Indians were not based upon the preliminary competition.

The Workers Arena seemed to seat about 10,000 people, which was about one-third filled for the first day of competition and about half-filled for the levels. NBC taped the meet with Bill, acting as the expert commentator.



Photo by Alice Grossfeld

US Women's Team with coaches going bananas on the Great Wall.

Floor Exercise: Tong Fei, Li Ning and Li Hsiao Ping did full twisting double-back somersaults. Xu Fei Hsuan did an excellent double layout while Li Ming used back suplex. Sue Gammie and Miller stated with full twisting doubles. While Conger touched on his, Miller touched on his double back. Phil Colby's first shaped out from Landers has an interesting after-walkover.

Forward Horizontal: The Americans performed well on PHM scores 9.2, 9.4, 9.3 and 9.0. The Chinese scores were 9.8, 9.65, 9.6, 9.55 and 9.45. While the Chinese difficulty was superb, the difference in our scores was more in the execution/timing of swing, body extension and pointed feet rather than the content of the exercises. However, Li Hsiao Ping's 9.8 content was outstanding. He is truly one of the world's best on parallel horse. Phil Colby's 9.7 was indicative of his flawless performance.

Parallel Horse Results:

Li Hsiao Ping: (18 years old, Not I PH Champion of China) Start facing end, does walk up from and loops, travel in with hand between pommels, immediate inside with hands between pommels. Back freeze travel out on pommel. 180 degree spinoff from uphill circle, one circle back, front travel in, half-circle, 2 1/2 front circles, 3 front circles, 2 front somersaults and 1 back somersault. Circle, 16 pommel loops, back to inverse layout and back over with across hand. Inverse/Variational variation 3 circles, 2 loops out and 16 circle, walk around uphill moose but with hands on horses. 1/2 circle, loop, 1/2 circle, dismount.

Phil Colby: Uphill moose immediate, front or immediate inside or other pointed 1 circle, one pointed. Russian moose, immediate travel out, immediate front or inside, immediate front out, 2 circles, back travel in, 1 circle back travel out, 16 circle, back inside in, 16 front circles, underarm 1 leg circle, 1 back somersault, 1 front somersault, 1 circle, inside front out, immediate loop, 16 moose, loop, 1/2 circle, loop.

El Ming: (27 years old, 3rd AA Chinese Nat'l Championships) Start facing end, 2 loops, walk up 16 pommel, and return to other pommel 1/2 circle with arm, double back moose travel, immediate 1/2 somersault, 1/2 front, 1 back somersault, 1 circle, 16 front somersault, immediate front travel out, 16 circle, loop, 16 circle, loop, 1/2 circle, loop.

Kevin Prude: Center of horse: 16 circle, Russian moose, immediate travel out, loop with second travel out over pommel, immediate back stocks in with hand between pommels, 1 circle, hand between pommels, front out, immediate loop, uphill circle 160 degree spinoff, legbar in, 1 circle, 1/2 circle, 16 circle, 1/2 circle, loop, 16 off.

Rings: The outstanding routine for us is the first day of competition was that of James Prude — with a solid 9.6. In the trials, Phil Colby's excellent swing in both directions and good fall on double dismount earned him a 9.45 and tenth for him for first with Li Hsiao Ping and Li Ning. Kevin again received a 9.4 and placed 4th. Xu Fei Hsuan displayed extraordinary strength and good timing but fell forward on his double layout dismount. After watching the Chinese, and the Japanese at the Chiba Cup, too many of our gymnasts do not really fulfill the strength requirements and are given the benefit of the doubt.

Toss Ring, Routines Follow:

Men's Toss Ring: (19 years old, 4th in Not I on rings)

Phil to inverted hang, lip to cross shield perfectly level, pull out to 1/2 straight body, straight arm press handstand, back giant (locked back) handstand, front point to straight cross (then) high, invert to cross shield level, lower to reverse hang, lip, 1/2, hollowback handstand, back to double layout dismount.

Toss Ring: (19 years old, Chinese Nat'l All-Around Champion for 1980, was 9th with a 9.7 — was not in finals)

High cast, high intake, straight arm back on handstand, back giant handstand, fall over to whipper (horizontal) straddle, 1/2 straight planch (split) high, lower to cross shield, lower to reverse hand, lip, 1/2, straight straight arm press handstand, back to full turn double high chancery.

Vaulting: In general, the Chinese had considerably more flight than our gymnasts.

Tong Fei: (9.7) Tuck layout fall (twist) planch, Curved dismounting V twist back.

Kurt Conner: (9.0) Tuck layout out, Tuck full twist.

Bei Tie Hsien: (9.525) Handspring pike front, Tuck layout out.

Li Ning: (9.48) Handspring pike front, Tuck full twist.

Dennis Heyden: (9.525) Handspring tuck front, handspring full twist.

Kevin Prude: (9.2) Tuck piked, Tuck full twist.

Parallel Bars: Phil Colby was excellent both days, scoring 9.7 both in Prelims and finals. Tong Fei also scored a 9.7 in the Prelims but was not earned in the final. Li Hsiao Ping scored a 9.7 in both days thus tying Phil for first place.

Horizontal:

Phil Colby: Center of bars, glide lip reverse out support, press to handstand, back somersault, back somersault, forward passout, cast, back out front somersault, swinging front piroette, dismount, layover, layout out, 1/2 twist, 1/2 somersault.

El Hsiao Ping: From end, glide lip reverse out, cast support, swing handstand front piroette, static handstand, 1/2 tuck somersaults through middle, 1/2, press, handstand, 1/2 tuck to handstand, dismount, double back off.

Tong Fei: From end of bars, cast to reverse out, double planch (split), cast, back rise front somes support, swinging front piroette, static handstand back out through handstand static. Forward leg swing reverse out, press, handstand, double back off.

Zhao Li Ming: From end, cast support, swinging front passout, static handstand, static handstand, drop handstand, back somersault, front out, double back off.

Li Ming: From end, glide reverse out, cast support, piroette, static handstand, back somes static, cast, 1/2 tuck support, cast, back rise inside out, 1/2, straddle stiff-stiff press, double back off.

Li Ning: Glide lip reverse out, press out to good wing to support swinging piroette, cast back rise inside out, 1/2 straight arm straddle press, handstand, static handstand, dismount, static, double back somersault.

Horizontal Bar: This proved to be the highlight event of the competition. All performers did their routine well. Two of the Chinese did triple somersaults and one did a double twisting double. All these performers used one arm giant combination but it is not they that scored a "10" (score for their high bar performance). It was Zhao Li Ming, Tong Fei, and Kevin in the Prelims and a 9.8 in the Final, while Phil Colby received a 9.8 both days. Phil's beautiful performance left a pike front somersault of inverted planches and a very high velocity straddle. This coupled with his planchess, specimen style earned him a tie for second with Tong. However, Zhao Li Ming left no doubt who should have won high bar.

Tong Fei. With underarm, high start to handstand, immediate spin through, school inverted pants, hop presurfer, 1 giant, 2 giant pants, 1 left arm giant, pass to Tuck-in inverse hand, using forward hop to underarm, hop from giant presurfer, giant to ladder shear, 2 giants, double twisting double somersault.



Photo by Alir Group/2

Stretching exercises with the hospitable Chinese

Zhou Li Ming. (10) Still hang with crimping, lift knee to bar, drop legs and step into high cast with A-arm, swing up high in front, change arm, endocast, immediate front presurfer, 1 giant, 2 front giants (counter) 1 arm giant to 2. Counter (double) 1/2 hand catch with legs together, lap change, front giant, presurfer, giant, ladder, hop, endocast, 1 giant to 2 front, then were catch, lap change, giant, stoop through circle shear, inverted pants, hop presurfer, 2 giants, full twisting double flyaway (20 years old).

The final team score was: China 228.10, USA 222.95. We performed admirably in light of the fact that we only had one Chinese team member and a junior team member, while the Chinese had at least three of their top six gymnasts competing. Phil Colby's performance was outstanding, tying for first in two events (R and PB) and placing second in PR and HB. He was also our top All Around. I ended with a 54.65.

The days following the competition we visited the Peking Physical Culture Institute (founded in 1952) and spent two workout sessions with the Chinese going over compulsory manipulations and techniques. We also talked about our national programs. It seems that their young gymnasts (10 years) do the only compulsory parts and do not compete. Then, during the next age group, 10 to 12 years, they can do optionally and compete. They claim that they start as young as 5 years old but usually start at 6 or 7 years old. After regular academic school, young gymnasts practice at a special "athletic school" (about 5 to 6 pm). They have about ten such athletic schools. Youngsters showing ability are selected to their Provincial teams which consist of 10 to 15 gymnasts. A male in my age now makes their National team. There is no general national team — only a national team. The Chinese said that they have many top 14- and 15-year-old male gymnasts.

The Chinese gymnasts had all the apparatus for men and women and even a portable overhead spotting belt on an A-frame. There were not any pits or very thick mats. However, their capacity of triples, one arm, Gengers and related gymnastics certainly indicate the use of these training aids in their good training rooms. We did not see these. The Chinese insisted that they do scientific research in gymnastics. From talking to them, their national program does not seem too unusual or special, yet their gymnastics is very special. We can see that they work hard and are among the world's best. Their technique, difficulty and創造性 certainly indicates that they are doing things right. I might add that the Chinese were most interested in the scientific research that we might do. They did indicate that their coaches do some 2 to 3 or three month internship periodically.

As for non-gymnastic activities, we shopped frequently at the Friendship store and local shops, had a banquet with dignitaries at the Peking Duck Restaurant, visited the Forbidden City, the Summer Palace where we met Kenny Rogers, and the only man-made structure that can be seen from the moon — the Great Wall.

The Chinese are the friendliest and warmest people that I have encountered in 25 years of traveling throughout many countries. My only regret was that we did not see more of their gymnastics program. ■

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CHINA DIARY

by Don Peters

18/3/88 Depart from LA with Beth Klein and George Beckford. Arrive in San Francisco and are met by Jackie Walker and husband along with Tracey and Julieanne and are transported to Standard U. for workout. Other girls arrive 2 hours later. Maria does not arrive, seems that she used her ticket wrong and missed her flight in New York. Linda makes arrangements for her to take a later flight and meet us in Peking. All the girls look good in work-out. No major problems.

9:00 P.M. - depart San Francisco on Pan Am flight to Manila with stopovers in Hawaii and Guam.

19/3/88 This day did not happen.

21/3/88 Arrive in Manila. Very hot, and we fear are dressed for the cold weather in Peking. Franklinapisou has hotel booked and we all take turns taking much needed showers.

Depart Manila on Philippine Airlines to Cebu and Peking. Arrive Peking 9:00 P.M. and are taken to the Evergreen Hotel and checked in. Everyone exhausted and goes straight to bed. Breakfast at 8:00 American style — eggs, sausage, meat, etc.

23/3/88 Meeting at 9:30 with Chinese officials to decide meet format. Meet to be done with two squads (1 USA and 3 Chinese) switch squads. Seemed fair, so we agreed.

1:00 Light workout. Apparatus very good. Bars excellent, the best I've ever seen. Beam also good. New Chinese spring floor. Harder than Aerial but good using. Vault board very low and not very springy. Girls had much difficulty.

6:00 Depart for Peking Duck Restaurant for welcome banquet. Served "Peking Duck" for everything but the feathers. Linda and Kathy got sick on each other afterwards. Maple then chose like duck!

24/3/88 3:30 A.M. - Awake to sounds of running feet in courtyard. Sailors and workers doing morning PT. Take cold shower (no hot water at this hour, later in the morning, they turn the boiler on).

8:00 Breakfast American style. No one is brave enough to try a Chinese breakfast.

9:00 Visit the Forbidden City. Very impressive palaces of the emperors of the Ming and Qing dynasties. Built in 1400 AD. Outstanding art objects. Was especially impressed with jade carvings.

1:00 Training at the arena with the men's team. Bars and beam went well. Vault — young girls still having problems with board. Maria is fast. Julieanne is doing better but will not释 (let go) from V. Well attack V instead. 10:00 — did dance through routines with layouts for handling. Maria and Kelly also handled. Kelly and Amy still having some problems adjusting to the floor.

24/3/88 8:30 Breakfast.

9:00 Coaches and officials went shopping at the Friendship Store. Very good buys on art works, jewelry, ceramics, Jade etc. Gymnasts stayed at hotel to rest.

1:00 Training at arena.

Bars — Light workout. It only required one routine.

Beams — Everyone looks good, but Kelly is having some problems with her punch from instant off of the transfer board. She is hitting about 50% but she is very experienced with the skill so, I think that we'll go with it. We've decided to take out Amy's gather walkover to back hands. Maria's new dismount (double pike) looks solid.

floor — Amy and Kathy still having tumbling problems. We've decided to take out the second double back in Kelly's routine and to do double tuck instead of double pike in the first run.

Kathy — Stopped the event for last so as not to upset the rest of the workout. Things were bad again. Julieanne and Maria are hitting better everyday. Amy is also improving. But I don't think that the track full is possible. We will have to go with piked track. Kelly will be OK with tuck track. Lisa had a handstand front and landed in a deep squat and injured her patella. Not



USGF CHINA DELEGATION: (L to R) Front Row—Juliana McNamee, Beth Klein, Tracey Tolosa, Lisa Zorn, Amy Keppen, Maria Frederik, Abby Granfield, Beth Bow, Mike McDonald, Don Peters, Kelly Gaussion, Wally Miller, Dennis Hayden, Paul Colley, Matt Areal, Kathy Tibbets, Sharon Valley, Linda Chomczynski, George Beckford

sort, how serious, may be a problem sometime. Chinese girls look great. They are going with their best three and three vaulting ones (11, 12, 13). Two little ones (10, 11) are on the floor and on the beam. One does 100 full on the beam and one does 800 IT layout on the beam. Young girls are good, but older girls are great. All the Chinese are great on the beams.

13/10/89 8:30 Breakfast. Maria is sick with nausea. We have drunk the water. Lisa's leg is still but not swollen. Jack Radovelli is working on it. He thinks that she'll be able to go for the solo. Jack is fantastic!

8:35 Men leave for warm-ups.

1:00 Carla and I leave to watch men's competition. Maria and Lisa stay at the hotel to get more rest. Kathy, Linda and Sharon stay to make sure they get to the arena on time.

2:00 Men's Competition.

5:45 Warm-ups. Sandra has Lisa's a little apprehensive about her leg. Maria is feeling better.

Vault — Olga has a new board. It's a little better. Lisa will do a full back.

Bars — Everyone looks made.

Beam — A little nervous but not bad.

Floor — Having trouble with double pikes. Everything else is okay.

7:00 Competition begins. Carla is good sports. Lisa is being tough during the break.

Vaults

Zhou — 8.9. Full back.
Tolokina — 9.9. Clean landing fall.
Dai Juan — 9.9. Full back fall.
Koppenman — 8.9. Fixed back.
Frederick — 9.2. Strong layout back.
McNamara — 9.3. Horizontal turns off roundoff.
Team — 45.79. China — 47.45. — 1.7

Bars

Zhou — 9.0. Back fall, no major errors.
Tolokina — 9.1. One back, strong back, stable, big.
Carroll — 9.3. Good bar. Better than worldcup.
Koppenman — 8.5. Good bar.
Frederick — 9.8. Great bar.
McNamara — 9.5. Come down on the bar and did cover up routine.
Team — 46.20. China — 46.95. + .65.

Beam

Zhou — 9.15. No falls.
Tolokina — 9.45. No falls.
Carroll — 8.78. Fall on mount.
Frederick — 9.80. Holdup, but touch on dismount.
Koppenman — 9.30. No falls.
McNamara — 9.60. No falls.
Team — 46.53. China — 46.00. — 1.45

Floor Ex.

Zhou — 8.30. Clean.
Tolokina — 9.30. Weak dismount.
Carroll — 9.58. Good routine.
Koppenman — 8.55. Falls on mount and dismount.
Frederick — 9.20. Falls on dismount.
McNamara — 9.65. Good routine.
Team — 46.54. China — 46.95. + .40
USA — 186.40. China — 184.90

All Around

1. McNamara	USA	38.25
1. Chang	China	38.25
3. Li	China	38.18
4. Zou	China	37.75
5. Frederick	USA	39.45
6. Yang	China	37.45

Other USA Scores

Dai Juan	—	26.70
Carroll	—	26.80
Koppenman	—	26.23
DM	—	32.10

11/29/89

8:30 Breakfast.

9:00 Depart for shopping at the Friendship Store.

10:00 Lunch at the Hotel?

4:45 Depart for Workers' Area for warm-ups.

5:10 Warm-ups. Carla seems down, very lethargic, and not very excited about the prospect of competing again. Tracy seems psych-ed and determined to redone herself for yesterday's mistakes on the bars. Amy's back is improving so we are going to try the full.



SUZANNE McNAMARA winner of the All-American tour the Aggravating (dismount on the beam) in team competition with a 9.85.

7:00 Competition begins

Vault	USA	9.7	China and fall
—	24	9.8	Carroll and floor fall
Frederick	—	9.75	Carroll and floor fall

Bars — Tolokina 9.70. Tolokina routine.

Carroll 9.78. Carroll routine.

Cheng 9.65. Carroll routine.

Wu 9.78. Carroll routine.

Tolokina 9.60. Much better than team competition.

Floor — McNamara 9.85. Very clean routine.

Wu 9.82. Clean.

Carroll 9.15. Presented very well.

Gold	USA	CHINA
Silver	—	—
Bronze	—	—

11/30/89 8:30 Breakfast.

9:15 Depart for Great Wall. Two hour drive, but worth every minute. The most impressive man made thing that I've ever seen.

11:30 Lunch at restaurant at the Wall.

1:30 Depart to Xing Tomb. Very interesting. Got some nice pictures of the kids on the stonewall animals that guard the tombs.

3:00 Return to hotel.

4:00 Dinner everyone beginning to tire of Chinese food.

5:00 Dinner at the "Dance Hall". Tried to teach the Chinese officials and interpreters how to Disco. We failed.

8:00 Breakfast.

9:30 Depart for shopping downtown. Found a bookstore with gymnastics books. Were taken to an arts and crafts store. Prices better than the Friendship Store. Excellent art glassware and jewelry.

1:30 Training at sports school. Apparatus park. Went through our compulsories for the Chinese.

4:00 Dinner American style.

6:45 Depart for shopping trip downtown.

8:00 Breakfast.

9:30 Depart for Summer Palace. Very beautiful Palace and gardens of the emperors of the Ming and Qing dynasties. We ran into Kenny Koppenman and he posed for pictures with the kids. Later at lunch we were served chicken complete with heads. That went over big with the kids.

3:00 Training with the Chinese at the sports school. Young Chinese girls showed us their flexibility skills. Chinese coach showed me how to make the girls that the Chinese girls wear.

6:00 Return to hotel to pack. Sharon, Linda and Kathy went to a Chinese Dance performance and came back talking about it.

7:00 Wake up.

8:45 Depart for airport and home.

Austrian Exhibition Tour

Nov. 5-Nov. 14, 1980



USGF AUSTRIAN DELEGATION (L to R) *Front Row*: Lyn Leffner, Brian Merker, Kelly McCoy, Sharon Shapiro, Tracy Thiel, Amy Wilson, Brock Gruber, Tracy Curtis, Beck Row-Ken Allen, Beth and Kael Thomas, Gerda Spiney, Micki Gaylord, Patti Reiter, *Back Row*: Van Slyke, Rick Atherton and Tim Hardin.

by Patti Reiter
Women's Gymnastics Coach

In April, when the possibility of the Austrian Exhibition Tour was first discussed it was used to obvious that should be left as the US coach. After the first experiment satisfied the reality sunk in. Why not? There are so many qualified coaches in the US that it seemed preferable to assume that I would be selected. Then Kelly Gallagher, Gymnastics Olympic's Elite gymnast in 1980, finished 15th in the Championships of the USA and occupied one of the places which were to go to Austria. But the logic was uncertain as it was to be an Exhibition Tour and not a competition. So when I was informed of my selection in early fall, I was quite flabbergasted. The prospect of seeing my family after so many years and meeting my friends from my gymnastics days was overwhelming.

As my preparation for the trip proceeded I began to feel an increasing sense of PRIDE to represent my chosen country, my native country. I was sure that the gymnasts and officials of our delegation would like Austria and her beautiful landscapes and the historic buildings. But the people... would they like the people? In my many travels for the sport of gymnastics I knew the one real difference between different places is PEOPLE! I should not have been worried because all the people we met were extremely friendly and always attempted to accommodate our wishes before we could think them. I was proud of the people of Austria.

A few years back when I had the honor of being part of the FIG World Team which quadrennially does a post Olympic promotional Exhibition Tour through Europe — I was meeting with the publisher of the "International Gymnast" magazine, Glenn Sondley. I still cherish this opportunity of sharing two weeks of my life with Glenn who has contributed so much of his energy and resources to the growth of gymnastics. One thought Glenn impressed so much on our journey made

me take an impression of the "WE NEED TO FIND MORE WAYS TO OFFER OUR YOUNGSTERS THE OPPORTUNITIES PROVIDED WITH THE YOUTH OF OTHER COUNTRIES". What brain wave can you think of than in the form of an exciting Tour of Exhibitions?

The group of gymnasts which made up our US team was a good mix between experienced, house wife athletes and eager but naive novices. The leadership was made up of our chief de mission Mrs. Rae Kreuter from Phoenix, Arizona. Mr. Ken Allen from Oshkosh, Wisconsin (where the "O" is Oshkosh, Ken!) who was the coach for our men's team and myself, in charge of the girls. Rae is a wonderful lady and so much responsible for my big break in the United States she invited so much needed CONFIDENCE into my gymnastics — Dennis Chenier — one week before she won the National All Around title. It was a good feeling to shake my country with Rae. Ken is one of the nicest persons in the USA. I'll never forget his compassionate understanding on our trip to the Church Cup in Japan when on the day of departure he conducted funerals. Shangri-La Austria with good friends was a great pleasure for me.

Immediately upon our touchdown in Vienna we were received by an official delegation headed by Mr. Kohlwein, the president of our host organization, the WVT who welcomed us to Austria and introduced us to our guides, Renate, Peter and Lotte. It was here where I also met my lonely after 15 years for the first time again. Much to my surprise all the instances of tourist places in my memory appeared so much shorter, it was hard to believe. America — when enormous dimensions! Oddly, it was right then when I sensed why I wanted to be in America, the gymnastics certainly Austria is historical and the kids adored the sights of ancient buildings and arts enjoyed browsing for souvenirs to take home to their families and friends. They also seemed to enjoy the delicious food.

The next day we trained at the all new University Training Center and got to see our gymnasts for the first time in action. We were to have an

opportunity to work out on the actual equipment to be used at our first performance in the "Stachnalle" on Saturday afternoon. It soon became apparent that the equipment would not be of the quality we are used to in the States. However, after some brief moments of surprise the girls adjusted to the conditions and showed an excellent attitude about it. Yet the R&B-leg and the naked conditions hampered our performance on our first night somewhat, especially on Beam. We are not used to putting up and performing without warm-ups immediately before the performance. Overall, however, the girls did themselves a bit better than day one with the boys who admittedly had worse conditions to cope with.

As would be expected of a INCREDIBLE GROUP, Kurt Thomsen adjusted to the lower-quality of the equipment/leg. Kurt had joined our group from London where he covered the Russian exhibition for ABC-TV.

With this one and other similar teams we have stepped in direct competition with all the superpowers in our sport. The organizers let us know that we had been invited in an effort to maintain an East-West balance. Last year the Chinese National Gymnastics Team toured Austria and the Russians are being invited next year with the Japanese to follow afterward.

Lynn Ledner, Tracy Curtis, Kelly McCay and Tricia Taitt more than made up for the below par performances of our team on the Beam with nothing short of excellent Uneven Bar sets. The Viennese began to sense the world class level of the American gymnasts and the rewarding applause started rolling in. According to comments from my hometown friends, most of them had never seen some of these movements in person and it can be assumed that the audience could grasp the level of difficulty even less. They certainly did not expect Americans to do such world class gymnastics.

Lynn's creative movements from one bar to the other and her daring piled Companion dismount over the low bar, Tracy Curtis' superfin and Kelly McCay's precision in holding the finished position and especially the lightness with which Tracy Curtis went through her varying combinations and forced through the air on her dismount — as if weightless — filled our hearts with pride and the "Stachnalle" with rewarding applause. Thanks to the wooden boards our team was so secon-



Tracy Curtis

photo by Friske Reiter

"The Viennese began to sense the world class level of the American gymnasts and the rewarding applause started rolling in..."

on the house result was discouraging. The performance during the exhibition on the other hand was a smashing success. Vienna gymnastics enthusiasts were excited. They had never seen such a barrage of handshakes and front handshakes by our girls.

Without question the girls met the "Springflock" a lot more than the boys. Perhaps "AMF" could sing its "excellent floor" along to meets and exhibitions abroad and write it off, just kidding (Larry)! What we did not have in tumbling we made easily up in dance, choreography and orchestrated music. An unusual women's floor is one of the highlights of any gymnastics show and so were the routines presented by Sue Van Slye, Amy White, Tracy Curtis, Lynn Ledner and Tracy Curtis with her brilliant new arrangement.

Our Federation in Vienna was part of a program which qualified various lines of gymnastics. We enjoyed the performances of hundreds of children and adults including mother and baby demonstrations and a jazz group performance choreographed by an old friend of ours from the folklore group Lieder und Liederlieder. She is now a teacher in one of the three Sporthochschulen Austria has instituted to foster the sports-minded youth. The show was MC'd by one of Austria's foremost TV personalities, Kurt Volpert.

My friends had arranged a get together at one of Vienna's popular "HEILIGEN" places where people go to get together to have a good time

sing, laugh and listen to accordion and violin music! I arranged that our whole delegation was able to attend this place of "GENUINE LIEBE". The typical Hungarian style dances played before the heart of the American athletes who joined in with rhythmic clapping of their hands.

On Monday our team, Renate and I were briefly brought in to Linz, our second stop on the tour. Peter brought Kurt Thomsen and I had to leave Gith in what was reported as an incurable heartburning driver in someone's Mercedes-Benz that evening. Generally Linz is known for its industrial sites and it comes closest to producing a "Steiniger". Not even I was aware of its history old town or the hospitality of its people.

In retrospect Linz was the gymnastics highlight of our tour. We had somewhat adapted to the time and the organization of the show was superb. With the exception of the floor and the boards the equipment was excellent. If ever left the effect of a positive attitude towards the outcome of one's work it was here in Linz. As in Vienna, visiting provided some problems. However, closure by a used to please the audience as well as themselves. Shana Shapiro and Tracy Curtis who both had raised their vaults asked for another turn to make up for it. Both were rewarded with a thunderous applause after their last. Kelly McCay slipped off the Beam on her dismount after performing nearly flawless up to that point. She jumped up and performed the dismount to the pleasure of the audience. We used a printing mistake in the program to those the people that our girls are also at home on the "Internationa'l Bar".

That evening we celebrated the success of our performance with our Linz friends, exchanged gifts, expressed our gratitude over their hospitality and forgot the fact that the youth houses we were staying didn't have any airconditioning.

The weather had not graced our visit to Austria yet. It did so by opening up just as we were on the road to the Alps. Spectacular snows erupted against snow conditions were just enough to become the night of the Alps and to slide down the mountainside on our backs. The more冒ive

Care on pg. 37

Uneven Parallel Bars... Overgrip Giant Swing... The Descent Phase... "SEE HOW THEY FALL"

By Graig S. George, Director
U.S. C.G. Biomechanical Task Force

Just as in the men's Horizontal Bar event, the basic objective in executing an Overgrip Giant Swing on the Uneven Parallel Bars is to circle about the upper bar with as fully extended a body shape as is mechanically possible. However the previous, yet necessary, proximity of the upper bar to the lower bar of the Unevens poses a unique physical constraint on the performer: the effects of which become particularly obvious during the ascent phase of this skill. More often than not, the performer is seen having to compromise by unduly altering and/or manipulating her body shape in order to successfully complete the giant swing or otherwise suffer whatever consequences lie hidden for failure to complete! In either case, maximum technical execution is seldom, if ever, attained.

Since swing-oriented primitive skills are essentially governed by the same set of mechanical principles, it would be to the advantage of all concerned not only to understand the nature and function of such principles but also to know how to best maximize their effect. In so doing, execution of an Overgrip Giant Swing becomes an asset, rather than a liability to the aspiring performer.

In skills characterized by a pendulum swinging motion (Figure 1), most of us will realize that the continuous downward pull of gravity causes a performer's body to accelerate toward equilibrium throughout the entire descent and that the greatest velocity (most speed) is attained at or very near the exact bottom of the swing. During the ascent phase of the swing, it is again that inevitable nagging by gravity which claims responsibility for the corresponding decrease in velocity (slow down).

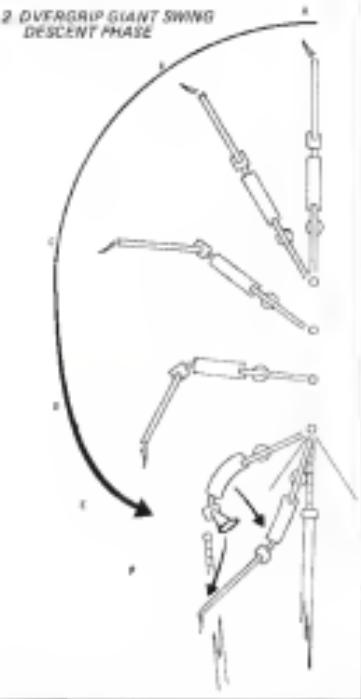
It is interesting to observe, however, that the amount of energy lost in the ascent phase is always somewhat less than in the descent phase. The stopping force of friction, created mainly by the hands circling about the bar (and to a much lesser extent by air resistance), reduces the amount of stopping that otherwise distance-free start might have been used. In spite of this relatively favorable swing amplitude between the descent and ascent, there exists an important relationship:

1. The greater the swing amplitude attained in the descent phase, the greater the potential for increased amplitude in the resulting ascent phase.

Figure 1. BASIC PENDULUM SWINGING MOTION



Figure 2. OVERGRIP GIANT SWING
DESCENT PHASE



Of course, the ease with which a body can circle about a bar is directly related to its shape. If, for example, increased impetus is needed to complete the ascent phase of a giant swing, the performer must begin to shorten quickly her radius of rotation at, or immediately after, the exact bottom of the swing. This matter of "trading off" radius length for increased rotational impetus, a "trading off Peter to pay Paul" so to speak, further substantiates the crucial importance of the descent phase. For

B) Neither the amount, timing, nor quickness of shortening the body's turning radius can adequately increase the performer's rotational rate without already having provided a sufficient quantity of circular motion prior to the ascent phase.

Consequently it is the descent phase itself that must be considered as the primary source, the causative factor, the controllable variable setting the

"the precarious, yet necessary, proximity of the upper to the lower rail of the Unevens poses a unique physical constraint on the gymnast..."

uppermost limits for what can potentially occur in the ascent phase of any calculus swinging golf! And since a maximum quantity of swinging motion is required to successfully complete the ascent phase of an Overhead Giant Swing on the Uneven Parallel Bars, the necessity of carefully examining the unique nature of the descent phase becomes entirely obvious.

There are at least two important mechanical factors which serve to regulate (and in this instance maximize) descent swing amplitude. The first and perhaps most obvious, variable deals with the starting height of the swing. As depicted in illustration A of Figure 2, the gymnast initiates the descent phase of the giant swing from a region of highest possible location relative to the bar (i.e., a fully extended/handstand position). Such a starting position ensures that the performer can cover the greatest possible distance during the descent phase. This is a distinct advantage, in that it allows gravity to act upon (accelerate) the body for a longer duration of time. Consequently, a greater quantity of motion can be made available to help maximize amplitude in the incoming descent phase.

A second and equally important consideration for maximizing swing amplitude is distance (i.e., the distance between the body's mass center located at or near the performer's waist and the axis of rotation bar). This distance, commonly referred to as the "radius of rotation" should be as great as is mechanically possible throughout the entire descent phase. However, such a consideration really exists, as it does, because the gymnast is also confronted with the task of having to clear the lower bar of the apparatus.

It is obvious that, by decreasing sufficiently one or a series of joint angles at the proper time, a performer can manage to avoid striking the lower bar rail. What is perhaps not quite so obvious concerns about how to accomplish this while only inuring the largest possible radius of rotation throughout every point in the descent swing.

Figure 3 provides us with an interesting comparison of how to obtain the best of both worlds. In each of these conceptual models, a selected joint angle is decreased sufficiently enough so as to allow only a more limited "total body clearance" from the lower rail. Although the physical balance between the axis of rotation and each of the performer's feet is precisely the same, the resultant change in their respective radii of rotation is decidedly different.

Rather than bending at the shoulder joint angle, the performer in the second example chose instead to decrease the hip joint angle. This results in a comparatively smaller percentage of body weight being pulled inward toward the axis of rotation (upper bar rail). Consequently, a comparatively longer radius of rotation is achieved in the second example.

Expanding these basic concepts in terms of maximizing the descent phase of the actual Overhead Giant Swing (Figure 2), the aspiring performer would be wise to consider the following suggestions:

Illustration A

1. The skill should be initiated from a fully-extended, vertical handstand position.
2. Thigh/hip emphasis should be placed on maintaining both complete protraction (hollow-chest) and full elevation of the shoulder girdle.
3. The body line shape observed in the arm-knee angle as well as the aforementioned shoulder girdle position, should be immediately maintained throughout the entire descent phase.

Illustration A-B-C

1. Every attempt should be made to retain the fully-extended shape of the total body unit for as long as possible during the initial aspect of the descent phase.

Illustration C-D-E

1. Note that the required body shape changes occur in a progressive, sequential fashion and are initiated from a point of

greatest distance from the axis of rotation (i.e., the hip joint).

2. Decreasing the hip joint angle serves as the cue to begin decreasing the lumbar angle (lower back).
3. Decreasing the lumbar angle then serves as the cue to begin decreasing bending in the thoracic/punk area.
4. Such body shape change progressively builds upon the other sufficiently enough to permit maximal clearance of the lower bar rail.
5. This progressive sequence of decreasing first the hip joint, then the lumbar area and finally the trunk area cannot be overemphasized.

Illustrations B-F

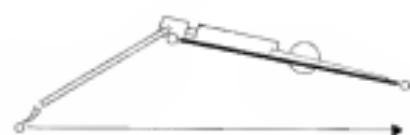
1. Just as the total body unit approaches the lower bar rail, the legs are quickly straightened (extended) as wide as is mechanically possible and then are instantaneously returned to their original feet together position.
2. Note that the performer rapidly unfolds from the deeply hollowed body shape with a fully extended (but slightly arched) total body shape is attained well before arriving at the exact bottom of the swing.

Since the mechanical characteristics of the descent phase are the singular all that is to follow, it should begin to become somewhat clearer to us that significant mass differences in descent swing technique, more often than not, result in major differences in total performance. The descent phase therefore is the very arena of all swing oriented gymnastic skills. Who was it that once said . . .

Everyone likes to swing,
And those who engage in the sport of gymnastics
Love it.

Yet champions who boldly the kinetic energy
of exciting exertion live it
And that's the whole truth . . .

Figure 3. EFFECT OF BODY SHAPE ON RADIUS OF ROTATION



CHUNICHI CUP & TOKYO INVITATIONAL

November 28 & 29, 1980

December 4, 1980

By Mrs. Delene Davis

USCF Delegation

Delene Davis—Chef d'Equipe & Women's Judge
Paul Tackenoff—Men's Judge
Bill Saude—Women's Coach
Francis Allen—Men's Coach—only for Chunichi Cup
Amy Koepke—Dynamist
Tatjana Takarava—Gymnast
Jim Hetang—Gymnast—only for Chunichi Cup
Phil Cahoe—Gymnast—only for Chunichi Cup
Mike Watanabe—Men's Program Director, USCF
Chunichi Cup—Nagoya, Japan
All Around Competition—Competition II
Finals Competition—Competition III
Tokyo Invitational—Tokyo, Japan
Finals Competition—Competition III

Countries Participating

Canada
China
Czechoslovakia—Women only
Hungary
Japan
German Democratic Republic
Romania—Women only
Korea—Women only
USA

Age of Gymnasts

14 and over for women

Men were probably all over 20

Steffi Kneipke was one of the oldest women

Number of Gymnasts

	Women	Men
Chunichi	17 plus 2 extra	13
	Japanese for those only	
Tokyo	17 plus 2 extra	11—American men had to go some

The competition format for Chunichi was all-around gymnasts competed the final for all-around awards as well as top 8 qualifying in each event for finals the second day. The first day scores were added to the final score for placement. It was all-around competition.

In Tokyo each country decided which gymnasts would enter which events. In general each country was in their 2 events. No country only had one gymnast, for example DDR, only had Steff Kneipke so she entered all four. This was a finals Competition III only with no teams being named.

Invitation of Events

Vault

1. Most vaults performed were Trakalava in tuck, pike, and layout. Front 1/2 Soto in tuck.

Trakalava with full (100) level.

Since I was Judge another event cannot comment on frequency.

Universe

1 & 2 All gymnasts had more than enough difficulty for Competition II requirements. All but five competition had C⁺ requirements as well. Seven gymnasts received 2 faults in originality and six received 1 fault.



Trakalava

Photo by Rich Kenney

In originality, 50 gymnasts had no originality in their routines. All but one gymnast had an index C for 1 tenth under bonus.

3. Most of the exercises were well composed with variety in movements. A couple of routines had repetition of movements and worked on one-bar to the maximum allowed. Some review moves on the bar during any of the competitions.

4. Only one gymnast had a fall on the dismount, one had a 3 tenth hand touch, and there were no other serious faults in preliminaries. In finals there were no serious faults. In the Tokyo competition three gymnasts had only 2 C elements, one gymnast fell twice and one fell once.

5. In general for all competitions the technique of execution was good, with a few being outstanding. Even those who got into trouble showed good technique.

6. It appears from the scoring off the weaker gymnasts that judges did not take into account consistency and that there were no deductions for "lack of."

Beam—Could not see

Floor Exercise

1. In the preliminary competition all gymnasts had all the necessary difficulty. In finals at the Chunichi Cup all had maximum difficulty, but in the Tokyo competition one gymnast had only 2 C⁺ elements and repeated a double full extension for no credit the second time. She also failed to perform a large leap or dance pass. The judges failed to score the routine correctly as the average was 9.25 average. Fourteen gymnasts had at least one C⁺ skill, all coming from a double back salto.

2. Originality most often came from 100 double somersaults (20.0), 100 swing salts, backbends (10), frontbends, double pivots. One gymnast received 2 in originality for a 1/2 front salts to a front support.

3. In general most gymnasts lacked in dance and connections. There were routines that had no B or C and went into the come and wait for the running pass. One gymnast demonstrated a K, still and three were lacking a natural gymnastic "B" skill. The scores did not reflect the lack of such.

4. Most execution mistakes came from falls or stumbling. These were 2 falls on double backs and several gymnasts should have received at least 2 for leg separation on the double back. There was also lack of consistency in some routines that was not deducted. I personally felt the floor scores in general were too high by 2 to 3 tenths and on the weaker routines by

Cont. on pg. 29

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more than 3.

3. Evaluation of Organization of Competition

- Apparatus was excellent and very well maintained. The lack of a spring floor was an adjustment for the girls which they made. The adjustment to the hard, less springy board took longer and probably affected the girls' results more than the floor. By the last day they seemed to be adjusted to the board.
- The floor lines were good in all aspects. In Tokyo the gauze was smaller but big enough for sufficient room in all events. The athletes section was on the floor, off to the side which made for some confusion and a feeling of a lack of organization.
- Scoring was done manually at the Chunichi Cup. It was very well organized and cleanly presented. The length of time the scores were flashed could have been longer. It was hard to catch the average if you weren't looking as soon as the score was flashed. In Tokyo the Saku timers that were used in it. Work was used. Again the average was not shown long enough.
- Scoring personnel were excellent and very efficient.
- Result sheets were hard to find in Tokyo. No one was informed of where or when they would be available. In Tokyo they were given to each delegation at the banquet. It was much later organized there.
- The audiences were rather sparse. The lack of enthusiasm probably reflects the Japanese culture. The best and most enthusiastic audience was at the exhibition in Saitama.
- The banquets and Silver-ware parties — there were four in all — were most outstanding. The food was plentiful and excellent. At one of the banquets there was a traditional Japanese entertainment which was excellent. Also in each party except the last one, each delegation sang a song.
- Also in Tokyo they planned two banquets: one to a textile factory and one to a glass frame manufacturer. They were both very interesting. It is unfortunate that the American women's coach chose to take the girls to work out during the two hours rather than go on them.

WHY THEY ARE BETTER

(cont. from pg. 7)

Now point out: when these girls would have to work hard on their round off the legs and in time I see that they would improve enough to be able to supply the forces necessary to do a full-fan. Now, when our gymnast puts her full-fan, but she has to sacrifice to make it and maybe it's not very high. Should we deduct for the execution error? Yes! We must, because if we encourage her to use the trick when she has no "reserve" we will be asking for an injury-reservoir. She should be encouraged to use the full in only when she can safely make her best ones. Remember, our team cannot do well unless all of our team members are healthy and able to perform to the best of their abilities.

Editor in this article I predicted a poor finish in the World Championships because of injuries and not "hitting". To let us not have any major scandal in a major competition involves technical, physical and psychological factors. Technically you must have reserve on all of your skills (you must be technically proficient) so that a minor error does not become a major deduction. Physically you must possess enough endurance to be strong at the end of your routines (ensure endurance) so that if you have to struggle through some minor problems during the routine, you will still have enough left to make the element. Also physically you must be free of serious pain so that you do not have to overstrain yourself to defend reactions (pinching, etc.). Psychologically you must be confident, both in your ability to perform your routines and in your ability to do it when it counts. The former comes from successful



Chen Yi Jiaomin

improvements in training made possible by technical proficiency, and the latter is learned through "successful" past experience. Other made possible through technical proficiency.

All of these factors are vital. But the one that is most important and which we as administration, coaches and judges have the most control over is technical proficiency. And since these factors are inter-related, a shift to better technical execution may improve the two other factors involved in "hitting". Freedom from pain by reflecting

it was another experience alteration gymnastics which would have enhanced the trip for the girls.

4. Judging Analysis

- The leveling judging criteria was approximately the same as LSC! Most of the scores were fairly accurate. On floor the scoring was much higher than in the U.S.
- Stones Mean Median LSC Stone HI
- Chunichi Cup 9.1 10.0 9.0 9.8% 9.9 9.1% 5.2 5.4%
Rhythmic 9.0 9.45 9.32 8.6% 10.0 10.0% 10.1 10.3%
9.3 9.15 9.21 3.2% 9.34 3.8%
9.0 9.45 9.11 7.8%
Below 8 9.5 8.6%
- Heels 9.5 10.0 9.82 50% 9.17 58%
9.0 9.45 9.50% 9.35 90% 6.75%
8.8 8.95 9.32 5% 9.13 3%
8.0 8.45 9.32 5%
Below 8 1.0 1.2 5%
- Tokyo 9.5 10.0 4.44 44% 3.82 33% 3.15 33%
9.0 9.45 4.58% 3.33 33% 3.83 33%
8.8 8.95 2.25% 3.93 33%
8.0 8.45 2.25% 3.22 33% 7.11 11%

- There were no protests for any of the competitions.
- Judges meeting was only for assigning judges and filling out score sheets. There was no discussion of Ch/IV or RV moves or anything on the Code. In the first meeting Mrs. Morgan did hand out packets of all the new moves that have been added to the Code. The Ch/IV list was also given out.

- The trip went very well with no major problems. Most of this was due to the warmth and hospitality of the Japanese. It was due to the fact that Mr. Watanabe was with us to help with the translation and understanding of procedures, etc.

Everyone was very pleasant to travel with and there were no serious problems. All in all it was an excellent trip. If our girls could have performed better it would have been that much better of a trip. ■

improves, greater endurance from the ability to "hit" more routines, and greater confidence from the knowledge that you can "hit" your routines even on a bad day.

If we had a selection system similar to the Russians, our coaches would tackle this problem themselves. They could simply pick in their gymnasiums and demand better execution from their gymnasts. If we had a national coach, he could handle the problem just by ordering the personal coaches to make greater execution demands. But we have neither. Our kids make the team based both on how they learn and how they are scored. So, if the judges are resulting difficult, no matter how poorly it's done, then most coaches will permit their gymnasts to do marginal skills if it improves their chances of making the team. And we do not have a national coach with authority over the individual coaches. Consequently, our only hope is with the Technical Committee and the judges Association. If they emphasize execution as their judging at all levels, maybe by 1990 we can get this whole thing turned around.

P.S. After reading this article, I wish that some readers might take it as a criticism of the girls who competed in China. I assure you that is not the case. The girls who competed in China (Amy, Jilaniene, Kelly, Lisa, Irina and Tatjana) performed better than any U.S. team in recent years. They were wonderful to work with and I am very proud of them. My article criticizes a trend in U.S. gymnastics that is making success more difficult for these girls, and in no way reflects nor should it be interpreted to reflect, on the valiant efforts of these gymnasts. ■

Patricia Rose, Kansas

Coca Cola Invitational in London

Wembley Arena-December 12-13, 1980

by Jim Zimber and Chuck Chidick

Makuhiko Kojima of Japan won the men's all-around, and Romyana S. Shishko (USSR) and Zhou Ruiying of the People's Republic of China for the women's title at the 1980 version of the Coca Cola Invitational in London on the 12 and 13 of December. Two Indians were the sole medalists for the USA, a silver on floor exercise, Tracy Curtis. Brock Gruber and Mach Gaylord all made finals in at least one event.

The relatively unopposed USA team of Lyn Ledene, Tracy Curtis, Brock Gruber and Mach Gaylord were cheered warmly and loudly in the competition, which started just a few days after the death of John Lennon in American soil. Not being sure of any reaction against Americans in the homeland of the fallen singer after the tragic killing, the USA contestants were treated well by all Englishmen they came in contact with, and all local USA athletes were besieged by autograph seekers. However, the USA gymnasts were sensitive to some boozing during the competition.

On the competitive side, Olga Kostyukova from how to answer your name, you'll see it again, a twelve year old Russian who stands so high that the vaulting beam, showed the crowd that little girls can dance as well as those big acrobatic girls. The opinion of several observers was at 12 years of age, Kostyukova can execute her dance elements as well as Nelli's mom ever did! Nelli, by the way, performed exhibition routines on lower and floor. Although her routines were extremely material down, she is visibly heavier than her appearance at the Fort Worth World Championships, the English crowd proved Nelli is still the Queen of their hearts.

Cheryl Wiegertsen (GB) trains in Conn. with Coach Andy Antonella. Although living in the USA for the past few years, Cheryl is a British citizen by birth. A second place in the GB Championships gives Cheryl a spot on the British team for the Coca Cola Invitational.



Photo by Bill Sargent

Lyn Ledene



photo by Bill Sargent

Men's Highlights

HIGH — Miharu Saito and Li (China), not the "finals." Li did inverted triple flyways at highboard, both of them looking out and landing with relative ease.

Kojima (Japan) performed a reverse hecaton, immediate California hop, immediate switch sequence on Hbar.

PR — Evans (GB) showed as the Chinese and Japanese took four of the top five spots. Kojima's reverse switch can was terrific.

V — Verner (USSR) did a layout task that may have not landed yet. Mach Gaylord made faults with a good full twisting back handspring, also having problems adapting to the wood vaulting board.

E — Brock Gruber was up a strong solid set for second place silver (unless including a solid iron cross that he had to perform high school). Although his 16 to 10 set dominated in both cost him the silver medal.

PB — Pascual Flores took it all, with only six of the twelve generic consisting clean sets. Xayabu proved again that short people can bring high.

FX — Odileman (Olandia) mounted with a full-in backout, had a 1/2 twisting Amber 1/2 on his third pass, and dismounted with a double back with a broken bone in his foot. Pascual (USSR) did a Thomas Flair immediately straddle up to handstand.

Women's Highlights

VALLEY — The USA girls had some trouble adapting to the wood vaulting board, but no complaints. Tracy Curtis did a very good handspring front walk and a flawless landing, but a little short on distance. Having a stronger second walk or third may have earned Tracy a medal. The vault that seemed to score best was a "Seydel Task" in piked position.

BARS — There (Kostyukova) did everything in a handstand, and a good clear hip piled four w/5 hard downround. Kano (Japan) surprised everyone. Kostyukova (USSR) may have the best Delchev on whewers in the world,

good height and distance from the bar) but she stood on the low bar, jumped to a hand support, then landed in a handstand, a brilliant stop and still scored 9.15!

EE — Lyn Ledder had solid and evocative finish.

Indrajita Parvati's striking finish was combined with a HF (frontal D) (low takeoff) back handspring back foot, all flawless. Vladimira Bleskova was solid but had stock tumbling. Zhou's leaps were great!

EE — Lyn Ledder executed her dance deliberately and precisely combining it with a 603 D (low step-out) 803 FF (planche double back) (a tumbling pass the audience likes every time), just as in competition and never with a spotting! Zhou (China) responded with a back double back, but



US team to London (L to R) Ledder, Curtis, Grigas, Gaylord

dropped out of a triple full on her second tumbling line. Early stock tumbling from Montepaschi — a piked double, a 603, Arabian 803 FF full and a double full (a) was combined with absolutely awesome execution of her dance.

The British Amateur Gymnastics Association, along with the Coca-Cola sponsors, were very accommodating and helpful throughout our stay. All the meals were provided for and the same for its competitors. Any problems that arose, they tended to solve it as quickly as possible.

Our first full day in London found us tiring, though it was another damp and rainy one. One of the athletes, Tracy Curtis, couldn't really take part as it turned out the next day, the day we left, she had bronchitis. A doctor had to come to the hotel in order to diagnose and prescribe the necessary medication. Tracy was very sick! That Sunday, all of us except for Bill Smith and the girls, had an opportunity to see more of the sights in London. By the time we got back, we were very tired.

The flight took 16.5 hours, night at the airport and 6h on the plane. So, when we finally arrived at Home, it was 1:45 AM — eight hours later than our scheduled arrival.

East Euro. Institutional
Men's Results

Rank	Name	Ctry	BB	BR	Beam	BBop	BD	Pr
1	Zhang	PRC	16.85	1	Menchi	16.85	15.25	
2	Fedor	URS	16.65	2	Kostyle	16.65	15.20	
3	Odilesean	ROM	16.55	3	Morales	16.55	15.20	
4	Ning	PRC	16.55	4	Ning	16.55	15.15	
5	Marisa	ESP	16.35	5	Wich	16.35	15.05	
6	Grigas	USA	16.45	6	Cardell	16.45	15.45	

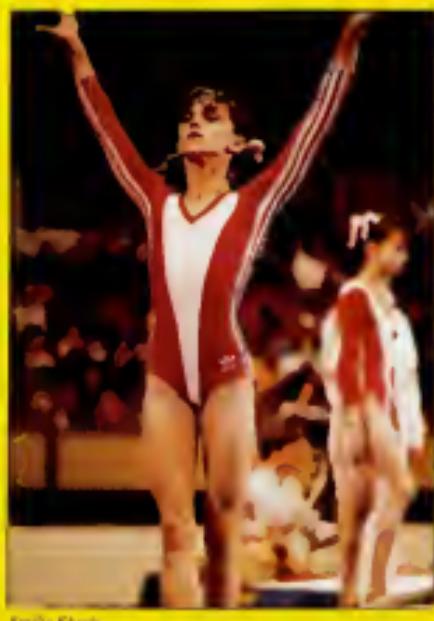
Rank	Name	Ctry	BB	BR	Beam	BBop	BD	Pr
1	Kaptane	JPN	15.15	1	Kaptane	15.15	14.90	
2	Zheng	PRC	15.05	2	Papoy	15.05	14.95	
3	Huang	PRC	15.05	3	Monica	15.05	14.85	
4	Papoy	URS	15.05	4	Angie	15.05	14.85	
5	Verash	URS	15.05	5	Verash	15.05	14.85	
6	Wich	ESP	15.15	6	Verash	15.15	14.85	

Rank	Name	Ctry	BB	BR	Beam	BBop	BD	Pr
1	Kaptane	JPN	15.10	1	Kaptane	15.10	14.85	
2	Verash	URS	15.00	2	Verash	15.00	14.85	
3	Verash	URS	15.05	3	Zheng	15.05	14.85	
4	Zheng	PRC	15.05	4	Huang	15.05	14.85	
5	Gigas	USA	15.05	5	Verash	15.05	14.85	
6	Papoy	URS	15.10	6	Papoy	15.10	14.85	

Women's East

Rank	Name	Ctry	BB	BR	Beam	BBop	BD	Pr
1	Debie	ROM	16.85	1	Susanna	16.85	16.85	
2	Jingting	PRC	16.65	2	Russo	16.65	16.80	
3	Carroll	CAN	16.55	3	Montepaschi	16.55	16.75	
4	Westholtzow	GBR	16.05	4	Angie	16.05	16.70	
5	Carla	USA	17.25	5	Verash	17.25	16.80	
6	Verash	ROM	17.05	6	Leiser	17.05	17.35	

Rank	Name	Ctry	BB	BR	Beam	BBop	BD	Pr
1	Doyle	GBR	15.40	1	Montepaschi	15.40	15.15	
2	Kostyle	PRC	15.30	2	Brooks	15.30	15.10	
3	Russo	URS	15.30	3	Leiser	15.30	15.15	
4	Basic	GBR	15.65	4	Verash	15.65	15.75	
5	Montepaschi	CAN	16.35	5	Blanking	16.35	16.70	
6	Montepaschi	GBR	17.25	6				



Susanna Kaptane

Women's All Around Results

Name	Ctry	Vault	Bar	Beam	BBop	BD	Pr
Paula Radcliffe	GBR	9.50	9.65	9.35	9.50	37.60	17
Zhou Xueling	PRC	9.30	9.55	9.40	9.30	37.60	17
Tania Kano	JPN	9.25	9.59	9.35	9.30	37.50	17
Carla Montepaschi	CAN	9.45	9.59	9.45	9.40	37.40	14
Marina Vladimirova	ROM	9.35	9.15	9.45	9.30	37.25	13
Natalia Bresko	URS	9.30	8.95	9.10	9.05	37.20	10
Lyn Ledder	USA	9.50	9.18	9.30	9.40	38.00	7
Zhou Jingting	PRC	9.40	8.70	9.30	9.10	38.40	6
Christy Lomusciano	GBR	9.30	8.65	9.10	8.50	38.30	5
Mandy Gossell	GBR	9.40	8.20	9.00	8.80	38.00	10
Katinka Borsig	GBR	9.40	8.05	8.90	9.15	38.60	11
Tracy Curtis	USA	9.30	8.08	8.80	9.18	38.40	8

Men's All Around Results

Name	Ctry	Vault	Bar	Beam	BBop	BD	Pr
Antonios Kostane	GRE	8.80	8.55	8.95	9.10	57.20	1
Andrea Poggi	URS	9.40	9.45	9.40	9.40	57.25	2
Dee Zhang	PRC	9.23	9.40	9.20	9.49	56.75	3
Li Ning	PRC	9.30	9.25	9.15	9.50	56.45	4
Yan Yushu	URS	9.15	9.26	9.45	9.45	56.15	5
Andrea Mazzoni	ITA	9.31	8.50	9.15	9.45	57.00	6
Raini Wimbs	GBR	9.10	9.16	9.00	9.15	56.30	7
Brinda Grigas	URS	9.30	9.28	9.45	9.45	58.80	8
Match Gaylord	USA	9.00	9.40	9.23	9.45	58.80	9
Dan Odilesean	ROM	9.02	9.45	9.45	9.45	58.50	10
Kirsti Lingley	GBR	9.10	9.00	9.20	9.75	58.42	11
Andrea Gromics	URS	9.25	9.15	9.45	9.45	58.30	12

The SECOND FOUR CONTINENTS CHAMPIONSHIPS in MODERN RHYTHMIC GYMNASTICS

by Andrea B. Schmid

The Second Four Continents Championships in Modern Rhythmic Gymnastics took place December 2-4, 1980, in Rio de Janeiro, Brazil. The young U.S. Team performed far beyond our expectations. But let us start at the beginning.

First Day

The Championships began with the group competition. The young (average age... 16 year) team performed the routine very well only with small execution faults. We finished second right after the Japanese team who placed 4th in the last World Championships in London, 1979, and defeated Canada who finished 7th in the World Championships last year and competed in World Championships with group since 1971 and Brazil who competed since 1973. The U.S. entered a group in the World Championships for the first time in 1979.

Artistic Results

1	Japan	Composition score	9.53	Total	18.80
		Execution score	8.45		
2	USA	Composition score	9.08	Total	17.28
		Execution score	8.95		
3	Canada	Composition score	9.30	Total	16.70
		Execution score	7.50		

4th New Zealand 18.70 5th Brazil 18.30 and 6th Mexico 14.75

The competition then continued with Rope and Hoop alternating. Both of our individual competitors, Sue Sofie and Lydia Gabre, started with good routines. Sue competed first with rope. At the beginning of the exercise, she dropped her rope for a second, but after that her routine was flaw less. She received 9.0 which placed her in the preliminary competition, second after the Japanese girl, Ota 9.05. Lydia started with an excellent hoop routine 8.9. She placed 5th and made the finals in this event. Then, Sue performed her hoop routine. She had a couple of small balance faults and slightly missed one of her catches but overall her routine was expansive and well executed. She again placed second 9.15 after Ota 9.25. Lydia has a very difficult rope routine. She seemed to lose concentration and make several large mistakes — 8.5.

Second Day

On the second day, the competition again started with group performance. The group performed very well again, but we placed 3rd this day one behind Canada. I have to comment here that Canada and Japan had two brevet judges and they consequently had their two judges judging the group competition, while we sent one brevet judge (myself) and one international judge (Andrea Heyman). The brevet judges got their judging assignment first, and then the international judges shared the remaining places.

Second Round Results

1	Japan	Composition score	9.6	Total	18.10
		Execution score	8.9		
2	Canada	Composition score	9.25	Total	17.58
		Execution score	8.25		
3	USA	Composition score	9.39	Total	17.48
		Execution score	8.39		

4th New Zealand 18.05 5th Brazil 18.30 and Mexico 14.40

The competition then continued with Clubs and Ribbon alternating. Sue Sofie did an excellent club routine, 9.05. Unfortunately she missed two parts in her ribbon routine which is one of her best events — 8.75. Lydia Gabre did a nice club routine and made the final in this event too.

The Japanese gymnasts performed very well, but Sue, our four-time National Champion, strongly challenged them. The two Brazilian gymnasts were very impressive and one could see that they have a new Russian coach. Debby Brown (Canadian) the All Around Champion of the first Four Continents Championships placed 6th. Kenny Daugher of New Zealand had improved significantly since the World Championships and placed 7th. Lydia Gabre (USA) placed 9th. Lydia looked good in the workouts but had difficulty handling the pressure of the competition. This was her second international experience as an individual competitor. I hope in the future we can give more international competition experience to our gymnasts so they will be prepared for a big championship like this one.

All Around Results

	Rope	Hoop	Clubs	Ribbon	Total	
1	Ota, Michiko (Japan)	9.05	9.25	8.75	9.10	36.10
2	Kathy, Jan (USA)	9.00	8.15	9.85	8.75	35.95
3	Karen, Karen (Japan)	8.85	9.00	9.45	8.75	35.95
4	Sue, Sofie (USA)	8.80	8.80	8.95	8.80	35.35



Awards for Individual Events/Rope (L to R) Sue Sofie (USA) (2nd place), Michiko Ota (JAPAN) (1st place) and Lydia Gabre (USA) (3rd place); Michiko Ota (JAPAN) (1st place) and Lydia Gabre (USA) (3rd place); Lydia Gabre (USA) (1st place) — 1st.

1	Lydia, Debbie (USA)	8.92	8.80	9.15	8.15	35.00
2	Beverly, Debbie (Canada)	8.83	8.70	9.00	8.80	35.10
3	Daugherty, Kim (New Zealand)	8.10	8.60	8.00	8.70	34.40
4	Lillian, Jan (Canada)	8.05	8.92	8.75	8.75	34.55
5	Gabre, Lydia (USA)	8.30	8.86	8.15	8.88	34.15

Third Day — Final Competition

The final competition started with the individual events. Sue Sofie did an excellent job in both rope and hoop competition and placed 2nd in both events. In the club and ribbon routines, she made a few mistakes but still placed in the top group. Lydia performed a nice club routine. With her hoop routine she could have placed third but unfortunately she missed a catch and the hoop rolled out of the hands area.

Individual Events Results

Rope	1	Ota, Michiko (Japan)	9.05	9.25	8.75	9.10	36.10
	2	Sue, Sofie (USA)	8.92	8.80	9.15	8.15	35.00
	3	Lydia, Debbie (USA)	8.83	8.70	9.00	8.80	35.10
	4	Beverly, Debbie (Canada)	8.83	8.70	9.00	8.80	35.10
	5	Daugherty, Kim (New Zealand)	8.10	8.60	8.00	8.70	34.40
Clubs	1	Kathy, Jan (USA)	9.15	9.00	9.75	9.00	37.85
	2	Lydia, Debbie (USA)	8.83	8.70	9.00	8.80	35.10
	3	Daugherty, Kim (New Zealand)	8.10	8.60	8.00	8.70	34.40
	4	Sue, Sofie (USA)	8.80	8.70	8.75	8.75	35.00
	5	Lillian, Jan (Canada)	8.05	8.92	8.75	8.75	34.55
Ribbon	1	Ota, Michiko (Japan)	9.05	9.25	8.75	9.10	36.10
	2	Sue, Sofie (USA)	8.80	8.70	8.75	8.75	35.00
	3	Lydia, Debbie (USA)	8.83	8.70	9.00	8.80	35.10
	4	Beverly, Debbie (Canada)	8.83	8.70	9.00	8.80	35.10
	5	Daugherty, Kim (New Zealand)	8.10	8.60	8.00	8.70	34.40

Group competition was the closing event. The excitement was high as each country had a chance to improve its standing. The competition was

Photo by Andrea Schmid

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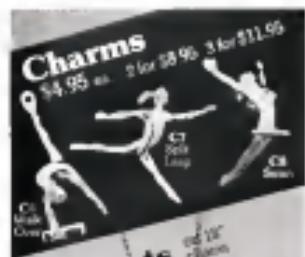
especially close between the USA and Canadian teams. The teams entered with the following scores in the first competition: 1. Japan 27.82; 2. USA 26.325; 3. Canada 26.375; 4. New Zealand 24.70; 5. Brazil 23.915; 6. Mexico 23.60, but we didn't have to worry. Our team did a splendid job! They performed the routine with elegance and confidence and held on to their second place.

The group performs a total of three times in a championship. The group routine is judged by two panels, each panel consisting of four judges and a head judge. Jury 1 judges competition and Jury 2 judges technique of execution on the first two performances. Both panels judge execution on the third or final competition. Calculation of the score for the group exercise is a complicated procedure. The following table should clarify the process.

PRELIMINARY COMPETITION

1st Presentation			
Compositions (C1)	= 10 points	= 20 points	
Execution (E1)	= 10 points		= 40 points

Cont. on pg. 27



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National USGF Modern Rhythmic Gymnastics-UPDATE

Andrea B. Schmid,
Chairman MRG Committee

Modern Rhythmic Gymnastics is one of the new Olympic Sports which will be included for the first time at the 1984 Olympic Games in Los Angeles. With this new prestige of becoming an Olympic Sport, we are receiving additional attention, financial help and encouragement from USGF to promote this beautiful sport. The goal is to elevate MRG to a place along side its counterpart - Artistic Gymnastics. This required us to reform our organization and start developmental programs. At the 1980 USGF Congress in St. Louis, Missouri, many of these new reforms were established.

MRG COMMITTEE

The purpose of the Modern Rhythmic Gymnastics Committee of the United States Gymnastics Federation shall be to promote, serve, and administer the MRG program at all levels of ability throughout the United States. The MRG Committee will have over all responsibility for the direction of the MRG program of the USGF.

The Committee is now composed of the following members:

1. Charter Members:

Chairman - Dr. Andrea B. Schmid, Physical Education Department, San Francisco State University, San Francisco, CA 94132
Mrs. Helene Graveline, 4975 S.W. Argent Avenue, Beaverton, OR 97005
- Mrs. Honolulu Heubel, 685 West End Avenue, New York, NY 10025
- Mrs. Nona Zukal, George Williams College, 555 Tille Street, Dauphin Cove, IL 60515
- Dr. Aravind S. Hosur, 838 Maines Blvd., Champaign, IL 61820
- Mrs. Jane Jarmie, 710 Hampshire, Oak Park, IL 60304
Mrs. Maedeh Pritch, 2419 Scoville Avenue, Bryn Mawr, IL 60422
- Mrs. Nancie Zabala, Hunter College, 495 Park Avenue, New York, NY 10022

2. Regional Chairs:

I. Mrs. Barbara Pechler, C.S.U. Sacramento, 6000 J Street, Sacramento, CA 95819
II. Mrs. Jeannie Bennett, Oregon Gymnastics Academy, 14270 N.W. Science Park Drive, #650, Portland, OR 97229
III. Mrs. Paul McGuire, 3304 E. 12 Place, Tulsa, OK 74104
IV. This position is open
V. Mrs. Overholts Hiltner, 16883 Fairfield Drive, tel 42233
VI. Mrs. Janine Sanders, 44 Normandy Drive, Sudbury, MA 01676
VII. Mrs. Ellyn Garlick, 67 Maplewood Avenue, Bogota, NJ 07603
VIII. This position is open

SUB-COMMITTEES OF THE MRG COMMITTEE

The following subcommittees or developmental programs were established at the 1980 USGF Congress:

1. Age Group Development Committee

Chairman Mrs. Nona Zukal

Purpose This sub-committee shall have the direct responsibility for the developmental aspects of the Age Group Program — compulsory programs, clinics for gymnasts and coaches

2. Elite Development Committee

Chairman Mrs. Barbara Pechler

Purpose This sub-committee shall have the responsibility of coordinating the training aspects — clinics, seminars, camps — to develop the top gymnasts and coaches

3. Coaches Development Committee

Chairman Mrs. Janine Sanders

Purpose This sub-committee shall have the direct responsibility of training coaches at the Age Group level

4. Judge Training Committee

Chairman Mrs. Nona Zukal

Purpose This sub-committee shall have the direct responsibility of



Photo by Andrea Schmid

The USA Team at the Hotel Nacional

training and certifying judges through the USGF certification process.

5. Public Relations Committee

Chairman Mrs. Gwendolyn Hiltner

Purpose This sub-committee shall have the direct responsibilities for promoting and introducing the sport, in order to enhance the growth and development of MRG in the entire country.

All the above five sub-committees will work in close cooperation with the MRG Committee and will be guided by the MRG Committee decisions.

FOREIGN RELATIONS COMMITTEE

A Foreign Relations Committee for MRG was established at the 1980 USGF Congress. The F.R.C. consists of five elected representatives from the MRG Committee and coaches and athletes' representatives. The elected positions are as follows:

1. MRG Committee Chairman (Chair of F.R.C.)

2. Elite Development Committee Chairman

3. Judge Training Committee Chairman

4. *Coaches Representatives

5. *Athletes Representatives

*Positions #4 and #5 are open to non-MRG Committee members only.
Purpose To develop guidelines for the selection, training and responsibilities of foreign coaches and athletes' representation for International Competition.

First Meeting of the F.R.C. will be held on February 22, 1981, Oakland, California.

Photo by Andrea Schmid



Awards for Hoop (L to R) Bar Sege (USA) (2nd place), Mikiyo Ono/JAPAN (1st place) and Gloria Lopez/BRZ/EM (3rd place).



Photo by Andrew Schawat

L to R Individual Competitors Lydia Grabfitter, Sue Soffe rhythmically pose in Rio.

1981 MRG NATIONAL CHAMPIONSHIPS

Date: The 1981 MRG National Junior and Senior Championships will be held in Tulsa, Oklahoma, June 4-6, 1981.

Qualifications:

Junior 12-14 years of age — qualifying score 30 points AA
Senior 14 and up — qualifying score 32 points AA

Events:

- 1 Individual: Rope, Hoop, Club, Ribbon
- 2 Group Exercise: 3 balls and 3 ribbons with optional music

Note: Gymnasts wanting to try out for the National team in group exercise must either compete in "Non-compulsory" to compulsory music or have the "Non-routine" with the compulsory music included in their group exercise. File and test for the non-routine may be purchased later.

Ints: Barbara Parcher
C.S.U. Sacramento
6800 1 Street
Sacramento, CA 95819

Regional MRG meets will be held four weeks prior to the National Championships.

NATIONAL MRG CLINICS

Date: The National MRG Championships will be followed by a Judging, Coaching, Elite and Age Group Compulsory Clinics on June 7, 8 and 9, Tulsa, Oklahoma, 1981. The clinics will be conducted by elite coaches, international judges and authors of the compulsory routines. It will be open to gymnastics coaches, and judges. For further information on both the National Championships and Clinics contact:

Ints: Pam McCamy
2344 E. 12 Place
Tulsa, OK 74104

The National MRG Championships and Clinics will be followed by the Junior and Senior Artistic Gymnasts National Championships which began June 10-13, Tulsa will be the Gymnastic Capital in June of 1981.

MRG CALENDAR

National
June 4-6, 1981 National Junior and Senior MRG Championships
Tulsa, Oklahoma
July 24-29, 1981 National Sports Festival Syracuse, New York

International
March 14-15, 1981 Czechoslovak Invitational
May 1, 1981 Bulgarian Invitational
May 13-17, 1981 Soviet Invitational
June 19-21, 1981 Princess Grace Cup Monaco
June 27-29, 1981 Soviet Invitational
October 16-18, 1981 Hungarian Invitational
October 21-24, 1981 World Championships, Munich, Germany
*December, 1981 Four Countries Championships, Auckland, New Zealand

*October, 1983 World Championships, France

*Competition Individual exercise: rope, hoop, club, ribbon, group exercise with 6 balls

MRG RESOURCES

- 1 Modern Rhythmic Gymnastics 1980 Art Compulsory Routines (550 book plus \$1.00 postage for 3-5 books)
- 2 Code of Points for Modern Rhythmic Gymnastics with supplement (52.50)
- 3 Schiedt, Andrea, Modern Rhythmic Gymnastics, Maryland Publishing Company, 285 Hemlock Avenue, Falls Church, VA 22041 (\$11.95)
- 4 *Hector Records, Waldwick, P.O. Box 477, Long Branch, NJ 07748
- 5 *Orion Educational, P.O. Box 477, Long Branch, NJ 07748
- 6 *Stutter Records, Inc., 1295 Empire Drive, North Smithtown, NY 11737

*4, 5 and 6 Companies have books or pamphlets in MRG which are accompanied by a LP record. Write for a 1980-81 catalog.



USA Team: Barbara Parcher, Assistant coach/manager, Sue Soffe, Lydia Grabfitter, Selene Woolsey, Sandra Shriman, Michelle Berube, Wendy Hillard, Valerie Zimring, Nancy Newell, Karla Nowell, in front, coach Shirley Stensrud.

SECOND FOUR CONTINENTS DATA from pg. 25

Art Presentations:
Compulsory (C) = 40 points = 30 points
Optional (O) = 10 points = 10 points

MRG COMPETITION (8th Franklin)
Compulsory (C) = C+ = 20 points = 20 points
Optional (O) = 30 points = 30 points = 40 points 2 = 20 points
TOTAL SCORE = 40 points

Group Competition Results:

1 Japan 36.95 2 USA 34.07 3 Canada 34.00 4 New Zealand 33.45
5 Brazil 11.05 6 Mexico 10.40

We all were very proud of the good performance by our girls and are greatly encouraged about our prospects in the future. Many people contributed to this success. First of all our National Coach Alis Slesier, the choreographer of the group routine. The routine is interesting, difficult and very original and surely deserved the nice high competition mark 9.2. She also did an excellent job to make the girls work in unison and with good technique — both dance and handling the apparatus. This was a great accomplishment considering the limited time the girls worked together compared with the other teams who all live in one city and have a national coach hired to work with them. In our team four girls came from Los Angeles (Valerie Zimring, Nancy Newell, Sandra Shriman, Selene Woolsey) and three from Detroit (Wendy Hillard, Sandra Shriman, Selene Woolsey). The three Detroit girls had to move to Los Angeles in September to work with the group. Wendy lived with her aunt, Selene's family offered their home to Michelle, and Valerie's family offered their home to Karla. Many Mount Catholic High School contributed their tremendous help for team workout. Barbara Parcher helped the team tremendously as manager and assistant coach, along with Shirley Stensrud, our musical accompanist. Especially grateful acknowledgement is extended to Anna Zabala, past chairman of Modern Rhythmic Gymnastics who behind the scene organized and made all these things possible.

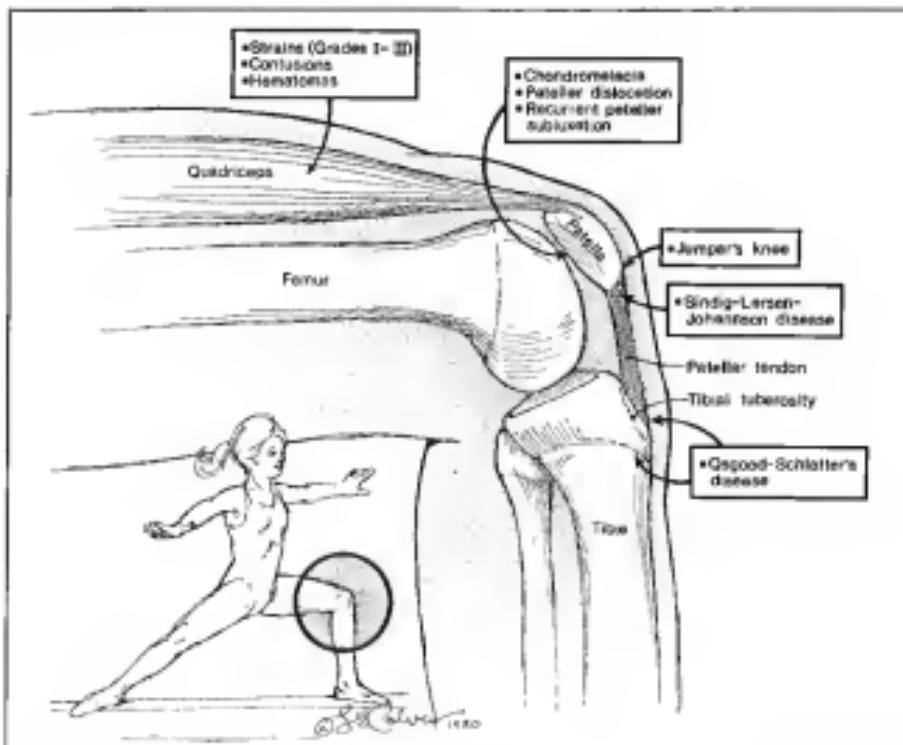
I would like to mention one other gratifying thing: and that was our USA cheering group: Zina McInroy (Coach of the Denver girls), Gwen Hillard (Region V chairman), Jeanne Sanden (Region VI chairman) and Hanne Christie (California North chairman). These people showed their gained knowledge at the farm of workshops and clinics and thus encouraged different parts of the country to take part in this beautiful sport. We are off to a good beginning with this new Olympic Sport! ■

DISORDERS OF THE FRONT OF THE THIGH AND KNEE IN GYMNASTS

By Dr. Neal Small

Because of the frequent leaping and squatting in gymnastics, the knee extensor mechanism is often called upon to work overtime. The knee extensor mechanism is on the front of the leg and extends from about the hip joint to the tibial tubercle which is the knee and just below the knee. The upper portion of the extensor mechanism is the quadriceps muscle. This four-part muscle covers the front of the thigh and is mainly responsible for pulling the knee joint from the flexed (bent) position to the extended (straight) position. The quadriceps attach into the upper border and back side of the patella (kneecap). The patella moves up and down in a groove formed by the condyles of the lower (thigh) bone. At the lower border of the patella the patellar tendon originates. This runs from the patella to the tibial tubercle.

Disorders of the quadriceps muscle (or the others) are common injuries in gymnasts. These include muscle strains of various grades (from grade I (local pull) to grade III (rupture of all or a portion of the muscle)). Other problems arising in this area include muscle contusions and hematomas. The treatment of muscle strains (other than grade III), muscle contusions and hematomas is symptomatic. The muscle is strapped or supported with a compression wrap. Ice is applied for the first 48 hours followed by heat until the swelling and stiffness have resolved. Ultrasound and whirlpool are helpful. A rubber thigh sleeve (or support) is also proven to be useful both during recovery and after return to competition. The gymnast should not strain the leg in practice or competition until virtually all the swelling and pain have resolved. The severely swollen and tender thigh may represent a grade III tear in muscle (rupture) and should be evaluated by a physician as soon as possible. Significant quadriceps ruptures are best treated by surgical repair.



USGF

GYMNASTICS

The Official Publication of the United States Gymnastics Federation

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USGF GYMNASTICS endeavors to be an effective means of communication for the dissemination of information and ideas whereby athletes, coaches, judges and administrators of gymnastics will be conveniently informed of the latest developments, techniques, new rules and rulings pertaining to all vital phases of gymnastics. Each issue will be designed to communicate, educate and stimulate the gymnastics community and its decision makers to perpetuate and improve gymnastics in the United States.

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Patellar disorders in gymnasts are quite common. In recent years, a broad spectrum of disorders resulting from instability of the patella in its groove during flexion and extension at the knee have been described. The most severe extreme of this spectrum is lateral dislocation of the patella. This is a relatively uncommon condition and is manifested by an acutely painful and swollen knee which is sometimes locked in flexion. Occasionally the patella is unable to return to the lateral (lateral side) of the knee. The athlete should be taken to a physician immediately. Milder degrees of patellar problems are more common. They include recurrent subluxation of the patella and chondromalacia. Recurrent subluxations are actually partial dislocations with the patella sliding back into the groove spontaneously. The athlete will interpret this as the knee "going out of socket" or "something catching under the knee cap." The treatment for this degree of patellar instability is usually a program of quadriceps rehabilitation stressing the vastus medialis portion. This portion of the quadriceps pulls the patella toward the medial (inner) side and can keep it there sliding out (lateral) if strengthened. A local brace temporarily in a knee sleeve or brace which surrounds the patella and supports it. This brace can usually be discarded when the quadriceps have been rehabilitated.

Chondromalacia of the patella is a condition of softening and irregularity of the joint surface (lateral/medial surface). The causes are obscure but may result from recurrent subluxation from a fall on the knee or a direct blow to the patella. The conservative treatment of chondromalacia includes the same measures used for recurrent subluxation. Both chondromalacia and recurrent subluxation of the patella may require

surgical treatment if they do not respond to quadriceps rehabilitation and patellar bracing. Arthroscopic surgery has been very useful in treating these disorders and has allowed a rapid return to practice and competition.

Because of the frequent trapping and squeezing during various routines, the patella tendon is pulled and stretched back at its upper end where it originates from the patella and its lower end where it inserts into the tibial tuberosity. This patellar tendinitis (also called jumper's knee) may occur where the tendon stretches to the patella. A bony projection or loose bone fragments may result. This condition is known as Sinding-Larsen-Johansson disease. Tendinitis, bony projections and loose bone fragments may occur at the lower attachment of the patellar tendon as well. In this area the condition is known as Osgood-Schlatter's disease.

Jumpers knee, Sinding-Larsen-Johansson disease and Osgood-Schlatter's disease are treated conservatively in the majority of cases. The general need not be removed from practice or competition except in very rare instances. Treatment consist of oral anti-inflammatory medications, heat and/or contrast therapy, exercises to strengthen the quadriceps and padding to protect the tender area. Treatment in years past included casting, injections and surgery. It is now generally accepted that these conditions are self-limited and will result in no permanent disability even if the athlete is allowed to compete. Casting and surgical treatment are used now, only very rarely. There is probably no place for injections in the treatment of these problems, because injections of steroids such as cortisone can weaken tendon tissue and eventually cause tendon rupture.

USA vs CHINA GYMNASTICS JUDGES' REPORT

By George Beckstrand & Mike Midkiff

The USA Gymnastics Competition with the People's Republic of China was an extremely rewarding experience for all delegation members. The delegation members included:

Delegation Leader—Frank Caminsky

Men's Team Coaches—Alvin Cerasoli, Judson—George Beckstrand
Mike Watanabe, Mike Midkiff

Men's Team—Mike Amodio, Dennis Hayden
Phil Colby, Mandy Miller
Sam Conner, Kevin Priddy

Women's Team Coaches—Dot Pfleim, Judson—Linda Chomynski
Kathy G. Ribbens, Shyan Valley
Women's Team—Marcia Fredericks, Jacqueline Ichikawa
Kelly Garrison, Zsuzsa Takacs
Amy Kupersmit, Lisa Zem

The Chinese were excellent hosts during their introduction, competition and sightseeing. We were fortunate to see the Great Wall, Ming Tombs, Summer Palace, Forbidden City, an Acrobatic Show, and enjoy a wonderful Peking Duck Banquet.

The Chinese delegation coordinated all schedules with Mr. Frank Caminsky. The morning sessions prior to the competition were well organized at the competition site, the Workers' Gymnasium. The USA delegation members attended all, and participated in all training sessions prior to and after the competition. The Chinese coaches, gymnasts, judges, and officials were present at all training sessions. The attendance of both delegations at these sessions provided an excellent opportunity to exchange concepts of scoring, judging, coaching, and organization of programs with the coaches, judges, gymnasts, and officials.

The discussions with the Chinese officials related much information concerning their interpretation of the 1979 FIG Code of Points. Tapes of meetings included:

A comparison of avoid crossover risk, on guard and virtuosity. The USA and China interpret the Code similarly. The Chinese avoid risk according to the guidelines in the Code as long as there are no major execution faults, in excess of 0.3 points. Disqualification is recognized for a period of one year or until commonly performed. Virtuosity means flawless execution.

There tends to be a tendency in execution deduction for the wide straddling of the knees in multiple skills on all events.

The Chinese work with much difficulty on all events.

Floor Exercise—The Chinese are excellent tumblers. They work with much control and quickness which yields great speed, rotation and height.

Powered Horse—The difficult elements and combinations shown by the Chinese were amazing. Scissors, staggers, front and backbound Russian walltosses between the powerwork, much travel and back mount work on the horse body, and much one-pointed work. The scissors were generally work in execution, however the flip combinations were well executed with minors and majors. They swing fast, stretched and high.

Still Rings—The Chinese show a strong composition in their routine composition, usually two to three additional strength elements. One gymanst performed lap-to-mounted cross, goat-to-golbo, straight straight press out, giant, belt to 1 cross, pull out, straight arm press, belt to double layout, etc. There was a variation in the lower back in the final positions from swing work. And as in most foreign countries, leather straps were official equipment.

Vault—We used the old, flat, wooden matmen type board. The Chinese matmen and are very quick and powerful off the board which is often close to the horse.

Parallel Bars—This was basically a stock event for competition. There were some interesting elements shown in the workouts, including, giants to handstand, giant to immediate straddle cut, etc.

High Bar—This was probably the best event for the Chinese and they are

among the best in the world on this event. Examples of difficulty included One arm giant to one arm giant to A rare salto catch piled One arm giant right arm to One arm giant left arm Wrong very stable to passme over the top Many types of salto catches and release work in the same routines Two triples landed well, and one double twisting double landed well.



Huang Ping Cao

photo by David Berman

We felt very comfortable with the judging atmosphere. The judges had opportunity to discuss technical and interpretive areas prior to, during, and after the competition. The few controversies which were held were quite efficient and objective. The Chinese used three different judges and one superior judge. We were asked to act as superior judges for those to act as one of the four judging judges. The judges were:

Superior—Liu, Lin Chu

1—George Beckstrand

2—Mike Midkiff

3—Chen, Shen Lee

4—Chen, Guan Fen and Liap, Hsia Yu

The USA delegation worked well together in the training sessions and the competitions. The competitions with the Chinese were very friendly as were the training and social tour experiences. The USA did not tell their strongest men's four team, however the team performed well.

Following the two days of competition, we had the opportunity to train with the Chinese team at the Peking Institute of Physical Culture. The first

day of training was very much like a compulsory clinic. We discussed the USA's interpretations on the 1981-84 World and Olympic Games Gymnastics Branches, including the NCA and National Team Guidelines. The gymnasts worked on the difficult parts together, including Floor Exercise—

Handspring dive to the handstand, use a quick back lift motion
Back roll to a momentary handstand, reverse procedure

Steps into the 1/2 turn landing pose

Parallel Bars—

The rhythm of the routine swing
Single leg corrections, pickup from the scissors into circle
Back Stroll through to the dismount

Still Rings—

The back roll come only in Chinese to lever
Downward, with a slight hollow body down swing, and quick chest rise on the release, without downroll

Vault—

Be explosive

Pommel Bars—

Straight arm work on peach and stand

High Bar—

Mount with the X turn at the handstand
The Chinese also prefer the late stoop in technique

The undressing lap is performed high with almost straight body. The second day of training was much more an open discussion atmosphere with the Chinese delegation. Members of the men's team talked with the Chinese gymnasts about training techniques, life styles, competition, travel, etc. The coaches, judges and team officials discussed developmental programs, physiological testing and athletic selection methods, coaching methodology, and rules interpretations. Our programs are very similar in makeup and emphasis.

The Chinese developmental program often emphasizes instruction for boys ages five and up. Boys seven years of age and up, who show natural ability and potential, are invited to participate in provincial amateur sports school programs. Training emphasizes specific fundamental skills, performed flawlessly. Complementary combinations and four elements are taught. The equipment is built to fit the students, such as short parallel bars and bars, smaller diameter bars for the parallel bars, and lower smaller diameter high bar. Competition on compulsory exercises begins at ages eight to ten. When gymnasts have the ability and good proportion, optional skills and exercises are added to the program. Ages ten to twelve. The junior provincial teams compete at the Junior National Championships, which determines the members of the Junior National Team, age fifteen and under. Gymnasts age sixteen and over compete at Provincial and National meets for placement on the Senior National Team.

Boys age ten and over emphasize "Body Building Training," daily exercises include:

Many skill repetitions, fundamentals, strength and swing

Floor training with strength

Gymnastics Strength Exercises: Vault, handstand pushes, chin-ups, dips, crosses, leaps, etc.

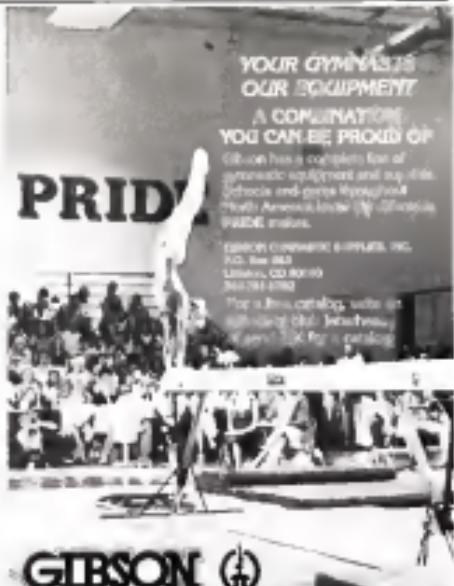
Sprints: 20-30-40 meters, for quickness

Endurance training mostly the prolonged resistance type.

A light workload ranges 2 1/2 to 3 hours. A hard workload may run 3 1/2 hours. The Chinese believe that body types are similar as is technique, but ability development is more related to training and physical development.

The Chinese coaches, mentors and officials are highly motivated and dedicated to the developmental and competitive process. Their culture is much respect and discipline to all program phases. The program appears highly organized, especially with the large numbers of participants. The coaches and officials visited the National Championships for a two to three month emphasis as study, coaching, and technical analysis. They then meet with others at the provincial level for training. There is a strong competitive relationship between coaches, officials and gymnasts to work together in practice, research, innovation and instruction for better results in training and competition. There is no substitute for hard work.

The trip to Peking was a fantastic experience as the main delegation, the Chinese, are one of the best teams in the world of gymnastics. They train hard, are extremely dedicated, and enjoy friendly competition. The cultural and gymnastics exchanges were enlightening and enjoyable. ■



GIBSON G

AUSTRIAN EXHIBITION TOUR (cont. from pg. 15)

ones among us. "Hold to" carry the camera gear, of course.)

Before arriving in Voestalp the third and last of our Fachausstellungs, we passed through the spectacular mountain formations known as the "CESEURSE." Aroused for their excellent climbing opportunities. Many members came to my mind as I spent many a weekend in these walls of rock and the surrounding caves. It was the most awesome impression of mine. Silent was filled my eyes when the days of my adventures passed in front of me.

That evening we met "Habert" the mayor of Voestalp and his cabinet of organizers. (I am sure he introduced himself as Habert because his last name is difficult to pronounce correctly. By now our athletes were exhausted from sightseeing, shopping, socializing, traveling and training in between. So the city was soon to put a little fun into our presentation. The absolute highlight was the class-performance of Attila Csanyi who, complete with rock-around physical improvements,* performed Shaw's "Shaw's Floor Exercise" routine with Shaw's along the finishing.

We finished our demonstrations with Kelly McCay on Floor, who gave a most electrifying performance, including to the audience her exuberance, joy of being able to perform for them. Kelly walked off with horns in her eyes as the audience responded. It also might have been Kelly's last performance for the USM team as she is considering retirement. Thank you Kelly for your inspiring example not only on the tour but throughout your career.

My THANK YOU also goes to all members of our delegation who made this tour as enjoyable as it was.

To the GYM-KEN corporation and Rich Kennedy who saw us off at Kennedy Airport after outfitting the gymnasts and the coaches.

To Lynn Lederman's dad who worked behind the scenes the work for THAI to make our departure as pleasant as possible. However he earned his 10-80 pts upon our return when he had to perform a matute as one of our team members from California had misplaced his ticket. ■

RELEASE

Elite Sportswear, Ltd. opens as Newest Addition to Gymnastic Apparel Companies



Gary Snider

photo by Sammington

It is with great pleasure that Gary Seifert, former president of Gym-Kin, announces the opening of his new company, **Epic Sportswear, Ltd.** After 15 years of affiliation with gymnastics and 7 years of directing a gymnastic apparel sales company, Gary has formed a partnership with **Sally Weisner**, the owner of a chain of women's health salons, home based in Holliston, Mass., and opened **Epic Sportswear, Ltd.** These two companies are in the process of buying Gym-Kin and will continue to serve the gymnastic market with stock and special order apparel. Although production had been shut down for several months during the formation of the new company, Epic Sportswear, Ltd. is now up and running full speed ahead and producing the finest gymnastic garments ever. Gary and Sally are confident their new organization will provide styling, quality, service and delivery rapid to a select 10.

10. By having manufacturing, warehousing, sales, shipping and service all under one roof and by the use of an in-house computer and a sophisticated toll-free web system, Epic Sportswear, Ltd. will revolutionize the gymnastics apparel business. For any information on how to obtain Epic Gym-Kin products call 1-800-343-4067.



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USSR Programs

All three of these beautiful 10 x 15 USGF Programs are to commemorate the USSR teams of '75, '77 and '79. USSR '77 program also features an oversize color poster. All programs contain lines and color photography.



ROMANIAN PROGRAMS

Romania 1977 contains extensive bios on Nadia Comaneci and Teodora Ungureanu as well as an oversize Nadia poster. Also enclosed is a pictorial and facts on the American team. Romania 1978 is the rare program on the Romanian tour that was cancelled. This is the first time it's available to the public and USGF retails having a limited supply. Contains a more complete bio on Comaneci as well as a bio on Irina Eberle.



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WOMEN'S ELITE PROGRAM REPORT

by Ed Zimmer

USGF MAKES WORD ON GRANT —

The USGF National Office has been in touch with a major corporation that is interested in providing a grant to fund the position of National Program Director for Women's. The corporation, which holds a similar position in a men's "Olympic Sport," has notified the USGF that such a post would be granted if the USGF Board of Directors for a Women's sport, the sport would be gymnastics. A decision should be available about February 1st.

USGF JUNIOR ELITE PROGRAM —

Plans for the 1981 junior Elite Program have been released by the USGF.

The purpose of the J.E.P. is to develop, select and help prepare for international competition a USA Junior Elite Women's Gymnastics Team. This program will parallel the USA Women's Team system.

athletes eligible for the program are amateur-level female gymnasts who have not yet reached their 18th birthday.

February-August, 1981

The selection process is through a series of qualifying meets. For 1981, a score of 68.5 (optional and floor competitions) in all events total at a USGF Regional/EZone Elite Qualifying Meet is necessary to qualify to the Int. Elite National (Oxford, 19-21 February) Regional/EZone & State Nationals will be held with the Seniors.

From Nationals, the top 20 juniors will qualify to Juniors Championships of the USA, 12-14 March in Allentown, PA. This meet will be held the same day as Championships of the USA, but at different times. The top 12 places from Juniors' Championships will

- 1) Qualify to the National Spars Festival in Syracuse, NY, 10-24 July. (There may be a short training camp for these individuals before the meet.)
- 2) Be eligible to be selected to one Junior International meets held between Championships and Junior Team Trials in early fall. Selection will be based on rank order from Juniors' Championships.
- 3) Automatically qualify to the Juniors' Team Trials.

August 21 — Championships USA '82

Any Juniors athlete who achieves a score of 68.5 at an Int. Regional/EZone Meet, 20-29 August, will qualify to the 2nd Int. Nationals, 10-12 September, site open. From there, the top 12 Juniors, who have not already qualified to the Junior Women's Team Trials, will qualify to the Juniors



Lisa Zehn

Women's Team Trials

USA Junior Women's Gymnastics Team Trials will have 24 participants. It will be held sometime in October. Site is open. The top 10 places (from 1-11) will be named to the USA Junior Women's Gymnastics Team.

A major International Competition has been analyzed will be held in the USA in late Fall.

The report from the Elite Development Committee and Elite Coaches Association concerning the 80-81 competition schedule was presented by Bill Stiles, the following schedule has been accepted by the FRC:

Jan 3-4, 1981 1st Zone Qualification Meet
Feb 6-7, 1981 2nd Zone Qualification Meet
Feb 20-21, 1981 1st National Elite Meet
30 gymnasts advance to the Championships of USA

March 20-22, 1981 American Cup
March 13-14, 1981 Championships of the USA

(Top 10 go to the World Championship Trials, 10/18/81)
August 28-29, 1981 3rd Zone Qualification Meet

Sept 19-21, 1981 2nd National Elite Meet
(Top 10 go to World Championship Trials)

Oct 1, 2, 3, 1981 WORLD CHAMPIONSHIP TRIALS
(Top 10 from Championships of USA and top 10 from 2nd

National Elite Meet) Inquiry petitions reviewed by FRC
If one of the 10 in either group leaves she will not be replaced.

The FRC selected the following cohort for our National Team selected at the Championships of the USA. The top 21 girls will makeup the National Team:

17 will be the 1st team
6-14 the 2nd team
13-21 the 3rd team

The Championships of the USA will be a selection meet through to the World Championship Trials Oct. 1, 2, 3, 1981 (10/26-10/7/1981)

USGF CONSTITUTION BY-LAW cont. from pg. 5

Council, and the Executive Committee, regarding matters pertaining to the international training, and competitive programs as they relate to coaches and gymnasts. This includes the selection of athletes for international events, coaches selection, the formation of training camps, etc. As of November, 1980, the Athlete's Association has one representative on each of the FRCs.

Men

Jay Vitale

1101 Mackintosh Dr.
Raleigh, NC 27609

Women

Linda Mulvihill

148 W. 12th Ave.
Eugene, Oregon 97401

If an athlete has a question or opinion concerning an international event he/she should contact Jay or Linda for clarification.

To protect the individual rights of athletes, the U.S. Olympic Committee established the Athletes' Advisory Council (AAC) in 1973. Each amateur sport is represented by one voting member. The AAC monitors the policies of the U.S. Olympic Committee, and ensures the individual rights of each athlete with respect to Olympic Committee events such as the Olympic Games, Pan-Am Games, and the National Sports Festival. The newly elected chairman of the AAC is:

Chris Krueger

3601 Allen Parkway

Apt. 435

Houston, Texas 77019

The gymnastics representative to the AAC is Peter Rasmussen.

The new Executive Director of the USGF (Rugby Council), and the USGF Board of Directors have been instrumental in insuring all free participation at the administrative level. The athlete representatives strongly urge any athlete with a suggestion or problem to contact them.



Minutes of the U.S.G.F. Men's Foreign Relations Committee Fort Worth, Texas— January 2-3, 1981

ATTENDING THE MEETING, at the head of the table, (foreground) Roger E. Conwell, (seating clockwise) Marj Rostekoski, Ed Zivinier, Don Gutzler, Ed Burch, Bill Rostekoski, Les Smiley, Jay Wheeler, Ken Adair, Fred Koethlinberger. photo by Rich Kenney

Present: Les Smiley (Chairman), Ken Adair (Secretary), Ed Burch, Don Gutzler, Fred Koethlinberger, Bill Rostekoski and Jay Wheeler. Also present for all discussions of the meeting were Roger Conwell, Ed Zivinier, Alan Wolden and Ruth Kenney of the U.S.G.F. Office.

The meeting was called to order by Chairman Smiley at 7:20 P.M.

Chairman Smiley welcomed Jay Wheeler as his 1st meeting in the Athlete's representative.

This meeting was moved by Bill Rostekoski and seconded by Les Smiley to accept the minutes of the October 5, 1980 meeting. Carried.

Selection of 1981 World Championship Coach

It was moved by Bill Rostekoski and seconded by Bill Rostekoski to table the selection of the 1981 World Championship Coach. Carried.

Note: Rostekoski is based on insufficient advertising time. Low numbers of applicants, except on the part of some FRC members, to indicate the job responsibilities of such a coaching position.

The concept of Head Coach for the various international team competitions was discussed at great length. As a result, three concepts and slightly different positions have been developed as follows:

A. The position would be called "The 1981 U.S.A. Team Coach" as opposed to the 1981 World Championship Coach.

B. The length of service would be from the date of selection until April 15, annual December 14, 1981.

C. Major responsibilities would include serving as Head Coach at all U.S.A. Team functions, during time of service, teams, tournaments, prior to, including and following the U.S.A. Olympic Training Camps, Hutchinson, Kansas.

D. Additional responsibilities could include:

1. Directing assistant coaches with approval of FRC C.
2. Directing coaches and general equipment selection and fitting.
3. Maintaining regular contact with the athletes in order to establish support and encouragement in moral and physical well being.
4. Maintaining regular contact with the National Program Director, Davis Matulaitis.
5. Tabulating U.S.G.F. rules and regulations with regard to conduct of these individuals.
6. Making recommendations on the FRC C. with regard to team selection for the programs for which specific trials were not conducted.
7. Making recommendations to the FRC C. and U.S.G.F. office with regard to team preparation and travel relative to competition and training camps which would be conducted.
8. Preparing comprehensive reports of activities and experiences of the U.S. Team for the coach's review.

E. In the future, a U.S.A. Team Coach will be selected each year from the following applicants:

1. Coaches who applied the previous year and wish to be considered again.
2. New applicants.
3. The Head coach from the previous year if he elects to reapply.

F. After selection of the U.S.A. Coach for the current year, the following table for the selection process for subsequent years is as follows:

1. All applicants must be re-applied by December 1.

2. The incoming program would be completed by December 30.

3. The U.S.A. Team Coach would be announced by January 15 and would serve in that capacity until December 31 of that year.

It was moved by Les Smiley that the position of 1981 U.S.A. Team Coach be advertised in all U.S.G.F. public media as per job description, responsibility, term of service and procedure for application. Seconded by Bill Rostekoski. Carried.

The meeting adjourned at 9:15 P.M.

The meeting reconvened at 9:15 P.M. Tuesday, January 3.

It was moved by Les Smiley to have the U.S.G.F. office make directly available as possible the three applicants for the position of 1981 World-Championship Coach with regard to the whom taken by the FRC C. at this time. The application should be

assured that their applications will automatically be considered for the position of 1981 U.S.A. Team Coach. Seconded by Don Gutzler. Carried.

Placing gymnasts on the National Team under special circumstances

It was moved by Bill Rostekoski that the FRC C. be allowed to place gymnasts on the National Team at the request of the ranking international circumstances. Seconded by Don Gutzler. Carried.

It was moved by Bill Rostekoski that they add an entry gymnast as well as two alternate gymnasts on the National Team for emergencies at the 1980 Olympic Festival of the U.S.A. Second by Bill Rostekoski. Carried.

It was moved by Les Smiley that the National Program Director recommend specific gymnasts to be added to the National Team for assignment to this year's international competitions. Seconded by Bill Rostekoski. Carried.

Note: Rostekoski behind the recommendation to have an entry gymnast remaining on the National Team who is available for emergency emergencies because of an injury to the U.S.A. leading or reserve. Consideration will be given to the ranking of the 1980 Championships of the U.S.A. The junior gymnasts of last year's Junior National Team from a maximum college placement, and the current residents of all possible gymnasts.

Plan for 1981 World Championships

A. Selection process to the final trials

1. Championships of U.S.A. will be from final trial.
2. Gymnasts must score 111 points or more at a U.S.G.F. apparatus competition in order to qualify for the 1981 Championships of the U.S.A.
3. If 74 gymnasts do not achieve a 111 score, the remaining participants total 21 for the Championships of the U.S.A. and will be judged by gymnasts on the basis of ranks (titles) scores at one of the top U.S.A. regional meets held at the same time and dates on the weekend of April 24-26.

E. F.G. Championships: 80 trials will be used in the competition. The top 24 gymnasts will be designated as the Senior National Team.

2. It was moved by Bill Rostekoski that the Senior National Team be determined by the 1980 Championships of the U.S.A. as advised to the World Championship Team. This includes all apparatus/gymnasts as well. Seconded by Bill Adair. Carried.

A. The Final World Championships Trials will be held from October 18-21, 1981 at the University of California at Santa Barbara.

B. The apparatus will be judged by 11 G. Competition in all events by Alan around by Jimmy Casper.

C. The 1981 World Championships Team will be composed of the top 48 gymnasts based on the results of the compulsory and optional competition. The seventh ranked participant would be a non-competing member of the trials. For the top 24, senior positions will be taken first by the compulsory and second by the optional. The finalists and secondists (the total 48) are arranged in the same fixed and absolute categories of (top 36, 1980 meeting) based on the Survey, second by National Survey.

E. The 1981 U.S.A. Team Coach who will be used for the 1981 World Championships will be determined no later than April 15, 1981.

C. It is recommended that the N.C.T.A. assign twelve-judge panel when it considers the more equitable judge panel than competition with no concern for regional interests.

Relationship between presidents of domestic events and coaches and athletes of the U.S.G.F. program

There was much discussion on about the relationship of domestic gymnastics events to the leadership of gymnastics in invitational areas. It was felt that there is potential for conflicts of interests as the justifications of the athletes between domestic, regionally sponsored and international areas. There was also the feeling for maintaining the amateur status of these athletes. As a result discussion, the following was recommended to the U.S.G.F. office and the other national committees of the U.S.G.F. program including the Junior and Senior National Teams. The FRC C. recommends:

Coat on next page

MEN'S FOREIGN RELATIONS event from pg. 35

But the officials of the USGF program and their coaches do not negotiate with private promoters of domestic events. Rather, this type of contact should be reported to the USGF office and its members and employees for such domestic events be coordinated through the USGF office and the FIGC.

Domestic Events in 1983 Assisted by the USGF

- A. USGF Invitational January 21-February 1, 1981, Los Angeles, California 2
- B. USGF Cup March 10-12, 1981, Fort Worth, Texas
- The top eight gymnasts from the judging of the Olympic Trials and their coaches will be invited to our Invitational. They are invited for some reason we will discuss down the line. The top two gymnasts in the Bar Corner will be invited to our Invitational coaches. Final Trials, April 10-12, 1981.
- C. USGF Cup Qualifying Invitational April 20-23, 1981, Fort Worth, Texas
- There will be Invitational men's competition and the same ladies and the same judges. One will be in the East or Mid West and the other in the West or East and Mid FIGC. Qualification Invitational and so on. The event director should contact the FIGA Regional Technical Committee for appointment of judges, to the states. The USGF will pay for the judging expenses if local judges are used.
- D. Championship of the U.S.A. May 21-23, 1981. Site undetermined
- FIGC Competition Rules will be used. There will be no tie-breakers used in this meet. The top eight in each event plus competition and apparatus will advance to the individual finale where the scores will be counted. The top 14 gymnasts will be designated as the 1981-82 Senior National Team.



Jeff Whitem-Athlete's Association representative to the Foreign Relations Committee. photo by Rich Kenney

F. National Square Festival July 21-26, 1981, Syracuse, New York.

There will be 24 gymnasts competing in this event. Twelve coltice gymnasts will be the top twelve gymnasts from the junior National Team. The remaining twelve will come from East, West, Japan among, evaluations extended to the members of the Senior National Team by rank and then the Junior Elite National Team by the same process. There will be four coaches. These coaches will be chosen from among those recommended by the Junior National Team coaching staff. The other two will be chosen from the FIGC Team among the senior coaches from those athletes who chose to participate in the National Square Festival.

F. East Thru West World Cup Invitational October 16-17, 1981, University of Colorado at Santa Barbara refer to earlier discussion for details

International Events

- A. New Zealand Invitational January 23-February 1, 1981
- He will send these men gymnasts. The National Program Director has already informed the Senior National Team members with only British Gasco in a listing by Alan Waterhouse will be responsible for selecting two more athletes. At least one of these athletes will be a junior and his coach will be given first priority in the search of this group. He is unable to accept the Waterhouse will attempt to secure a coach here among the senior ranks.
- B. East German Invitational April 13-15, 1981
- Two gymnasts will be selected from the rank order at the Final Trials Invitational with top 45% and 90% positions. The coach of the highest ranked gymnast will be given first priority to serve as coach of this group.
- C. Championships April 11-12, 1981, London, England
- One gymnast, probably our top 45% Finalist, National A.A. Champion will be sent. This should be Peter Vedman. Next as coach would be Barb Corcoran. 10th Placing and then the rank order from the Final Trials. The personal coach of the gymnast will travel as coach.
- D. World Cup Cup June 1-9, 1981, Holland
- We will send the top twelve men from the ranking of the 1981 Championships of the U.S.A. who are not involved in a training camp or other international

competition at the time.

E. Golden Sunuk Invitational June 5-7, 1981, Vienna, Bulgaria

It was decided not to send our male athletes to the competition.

F. World University Games August 1981, Bucharest, Romania

Selected team details are forthcoming from the USGF C.C.

G. Junior International Competition It is recommended that the USGF explore the possibility of involving our junior gymnasts in a major international competition with a Plus American team in Tokyo, All Japan regional countries.

The next business meeting of the Inter-FIGC is to be in Rio D.O.R.M. July 22, 1981 at the site of the 1984 Olympic Games. It is anticipated that there will also be a meeting scheduled at 11:30 A.M. on Sept. 22, 1981 which would include the members of the 1981-82 Senior National Team and their coaches.

The meeting adjourned at 3:30 P.M.

Respectfully submitted
Rich Allen, Secretary

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USGF CALENDAR & NOTES

U.S.G.F. 1981 Calendar of Competitive Events

From as of 11/25/80

January	9	Albuquerque Journal Invitational, New Mexico	MMW1
	23-24	Tel-Ele Zone Meets, Various Sites	MMW1
	31	All American Classic, California	MMW1
February	6-7	2nd Tel-Ele Zone Meets, Various Sites	MMW1
	13-14	Cesar's Palace, Las Vegas, Nev.	MMW1
	20-21	Tel-Ele National, Oakland, Calif.	MMW1
March	12-14	Championships of the U.S.A., Allentown, Pa. (MMW1)	
	20-22	American Cup, Fort Worth, Texas	MMW1
	24	Grand Prix, Jacksonville, Fla.	MMW1
April	3-4	N.C.A.A. Women's Division II, Spokane, Wash.	MMW1
	3-4	Class State Meets	MMW1
	18-19	A.I.A.W. Meets (Division II), Salt Lake City, Utah	MMW1
	24-25	U.S.G.F. Men's Regionals	MMW1
May	18-20	U.S.G.F. Class I Regional Meets	MMW1
	19-20	Junior Olympic Sectionals, TBA	MMW1
	24-25	Championships of the U.S.A., TBA	MMW1
		Senior Olympic Sectionals, TBA	MMW1
		Senior Women's Sectionals, TBA	MMW1
June	14-17	U.S.G.F. Men's Olympic National Championship	MMW1
	20-23	James Naismith, English Young G. Trophy, U.S.A.	MMW1
July	24-25	International Gymnastics Festival, Milwaukee, W. I.	MMW1
August	28-29	1st New York Zone Meets	MMW1
September	9-12	2nd Tel-Ele National, TBA	MMW1
	24-27	U.S.G.F. Campers, Fort Worth, Texas	MMW1
October	3-4	World Championship Trials, St. Collins, Colo.	MMW1
	16-17	World Championships, Santa Barbara, Calif.	MMW1
	21-22	USA Junior Team Trials	MMW1

A dual meet with a foreign country just prior to the World Championships (November 22-29) may be added in early November.

Plans include daily scheduled gymnastics performances on the fair site and around the U.S. Pavilion.

The fair will begin on May 1, 1982 as the Knoxville International Energy Exposition will fully open its gates to millions of visitors from all parts of the world. By the time night falls on October 31, 1982, a total of 186 exciting days will have provided entertainment and energy awareness for those attending the fair, as well as, for those around the globe, who will visually experience the fair's activities via satellite television technology. ■

IMPORTANT NOTICE

1 December 1980

To: All Examiners of the NACWS/USGF

FROM: Marsha French, Certification Coordinator

RE: Exam Scores

If you wish to use an expired 1980 rating to give you eligibility to take an examination at an equal or higher rating, the following rules apply:

If you tested before January 1, 1981: In order to have your 1980 scores carry over, you must take on your last 1981 test session, the compulsory exam at the highest level you are eligible for and wish to attain in order to preserve your right at that level.

If you already have tested at the highest compulsory level you are eligible for and wish to attain, your scores are automatically carried forward into the system.

You may at all times test downward after the highest level test is attempted.

If you wish to maintain at your current level you have that option. However, when you decide to test up to the next level in the next certification year you must take all three parts of the exam. ■



EVENT SCHEDULE

Friday, March 20, 1981

Men's Individual Events

8:00 P.M.

Sunday, March 21, 1981

Women's Individual Events

8:00 P.M.

Sunday, March 22, 1981

Men's and Women's All Around Championships

7:30 p.m.

• Ticket Cost

\$10.00 & 4.00

• Purchase Tickets

TICKETON, INC. 817-255-8708

Arlington, Texas

• Telephone Orders

May be charged by phone

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Mr. Edgar Knepper Named Director of the International Gymnastics Federation for the 1982 World's Fair

WASHINGTON, D.C. —

January 3: 1981 appointment of Edgar M. Knepper as Director of International Gymnastics Federation for the 1982 World's Fair has been announced by Charles E. Haier, United States Congressman Chairman for the 1982 Knoxville International Energy Exposition.

Mr. Knepper is the President of the United States Gymnastics Federation and Executive Director of the United States Association of Independent Gymnastics Clubs. In addition to these responsibilities Mr. Knepper is an Executive Board member of the United States Olympic Committee, member of the National Governing Board, and delegate to the International Gymnastics Federation.

Mr. Knepper served as a gymnastics advisor in the 1965 New York Worlds Fair, EXPO '67 in Montreal, Canada; Henley '68 in San Antonio, Texas; and 1974 EXPO in Spokane, Washington.

"The 1981 U.S.A. Men's Team Coach"

The length of service would be from the date of selection to and before April 1st and December 31, 1980.

Main responsibilities would include serving as head coach at all USA team functions during term of service (elite competitors prior to including and following World Championships, training camps, exhibitions, etc.)

Additional responsibilities would include:

1. Choosing assistant coach with approval of FRC.
2. Overseeing all loan and personal equipment selection and fitting.
3. Maintaining regular contact with the athlete in order to establish rapport and awareness of mental and physical well being.
4. Maintaining regular contact with the National Programs Director (Mrs. Waterhouse).
5. Enforcing USGF rules and regulations with regard to conduct of team members.
6. Making recommendations to the FRC with regard to team selections for competitions, for which specific trials were not conducted.
7. Making recommendations to the FRC and USGF office with regard to team preparation and travel relative to competitions and/or training camps which would be desirable.
8. Preparing comprehensive reports of activities and experiences of the US team during the coach's tenure.

In the future, a USA team coach will be selected each year from the following applicants:

1. Coaches who applied the previous year and wish to be considered again.
2. New applicants.
3. The head coach from the previous year if he elects to reapply.

The time table for the selection process is as follows:

1. All applications must be received by March 15th.
2. The reviewing process would be completed by April 15th.
3. The USA team coach would be announced by May 1st and would serve in that capacity until Dec. 31 of that year.

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